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'I had to dig deep'

PAULINE'S DEMENTIA BATTLE

'Linda's doing all she can to help'

EXCLUSIVE

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After new bombshell claims over their behaviour

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Broken young mum took her own life

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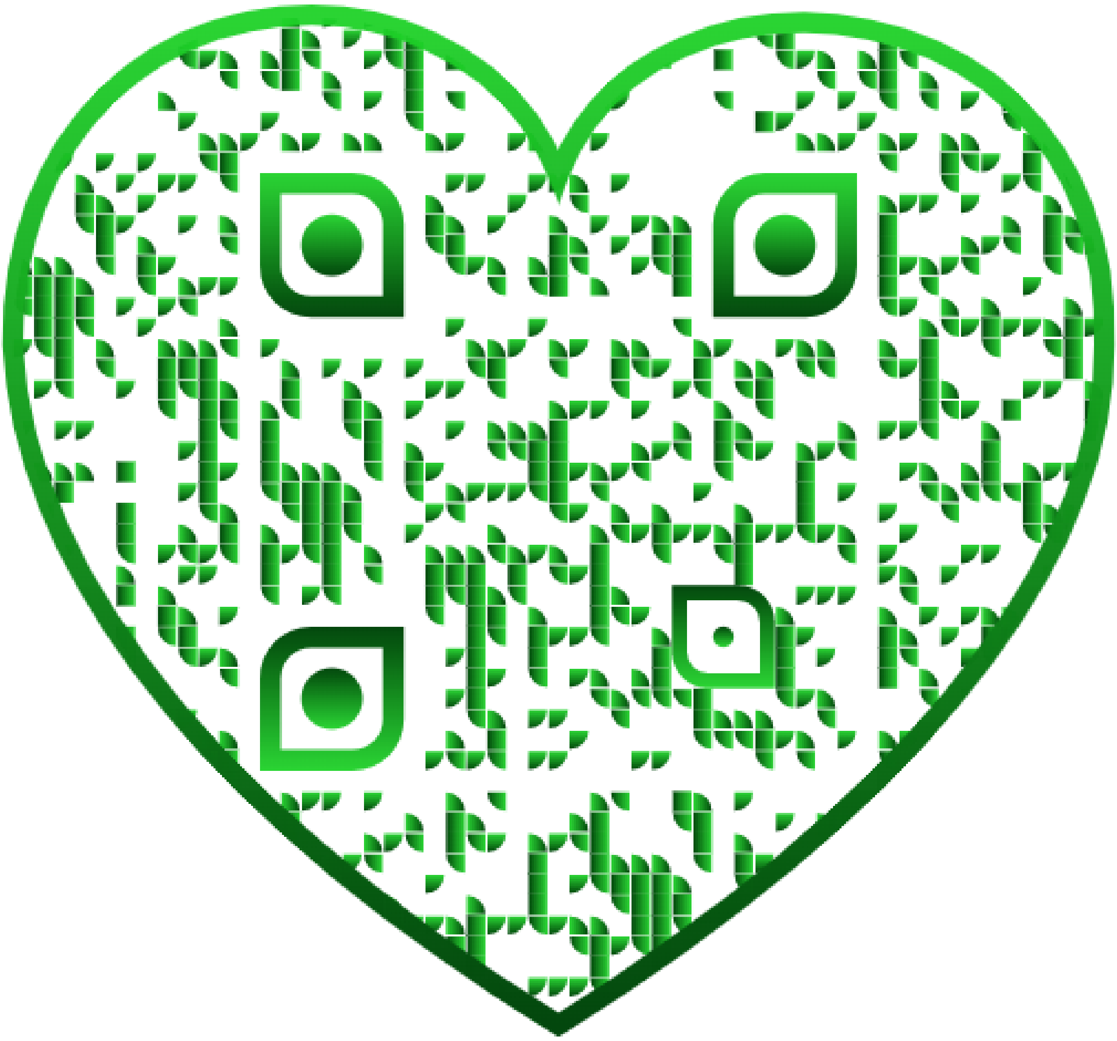
'Told my baby had died... but was she really stolen?'

ALISON INTERVIEW
'Turning 50 and taking a year off!'



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SCAN TO PLAY!

this week in bella

ONE QUESTION

CLAUD'S TV TAKEOVER

The presenting legend is everywhere at the moment!

We're less than a month into the year, but Claudia Winkleman has already firmly established herself as 2025's most in-demand woman on TV.

When she announced that she was stepping back from her BBC Radio 2 show last year to spend more time with her three children, we worried that Claud might be hanging up her showbiz shoes for good. But no fear: between *Strictly Come Dancing* and *The Traitors*, she's never been busier.

Now, there's even more Claudia coming to our screens. It's been revealed that the 53-year-old will be rubbing shoulders with Hollywood royalty, as she stands in for Graham Norton while he takes a break from his talk show to tour Australia in March. On top of that, Claudia – who's married to producer Kris Thykier – is also returning as the host of Channel 4 quiz show *One Question*.

With her perma-tanned skin, long fringe and heavy eyeliner, Claudia has cemented herself as an unexpected style icon, too. We couldn't get enough of her *Traitors* looks, and have been eagerly googling tartan skirts and fisherman jumpers whenever she's controlling the game.

Now that everyone's as obsessed with Claudia as we are, it's no wonder the BBC has reportedly offered her a more lucrative contract to stay on *Strictly*. Clearly, there's no such thing as too much Winkleman.

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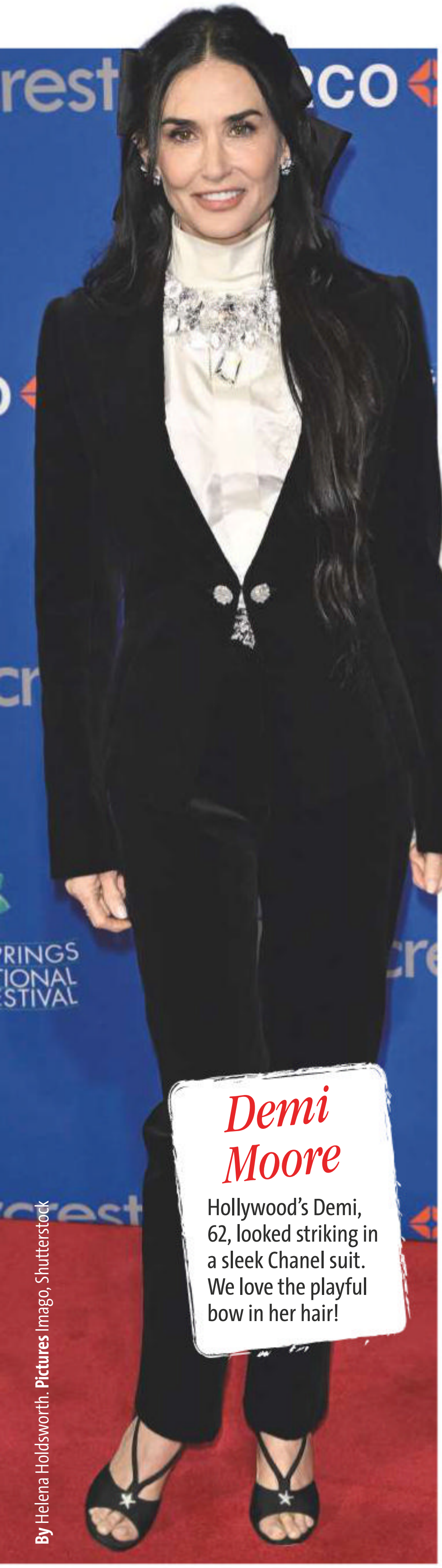
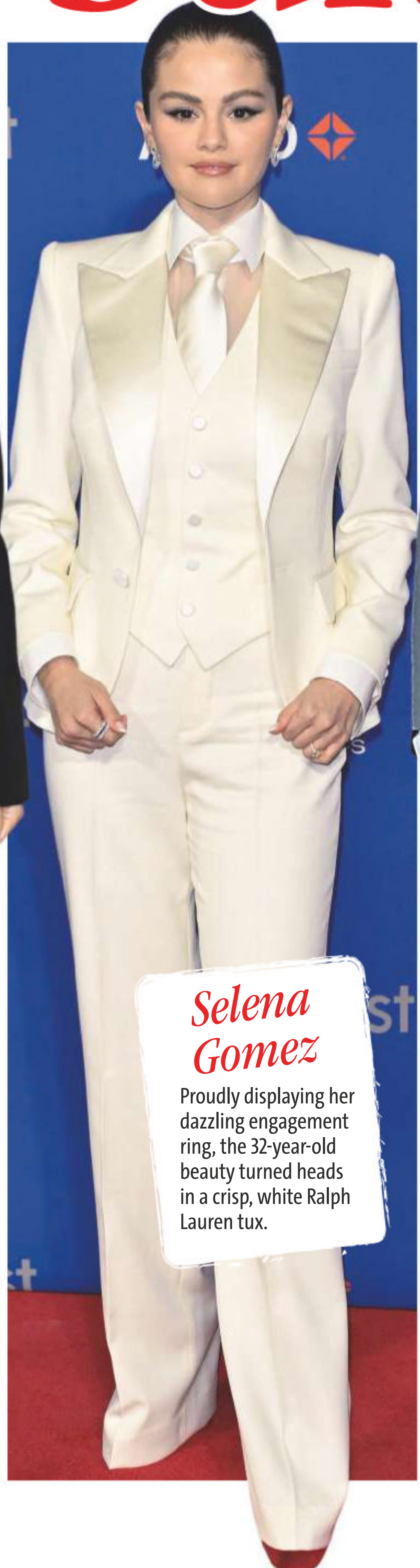
By Isobel Lewis. **Pictures** BBC / Studio Lambert, Channel 4. **Cover pictures:** PA

Suit your



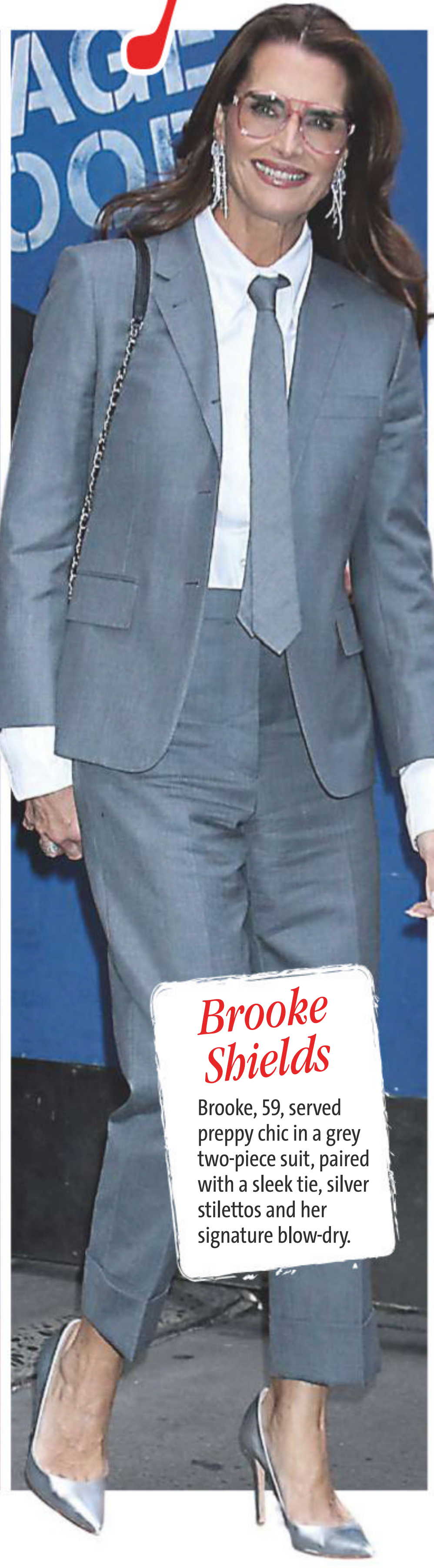
Demi Moore

Hollywood's Demi, 62, looked striking in a sleek Chanel suit. We love the playful bow in her hair!



Selena Gomez

Proudly displaying her dazzling engagement ring, the 32-year-old beauty turned heads in a crisp, white Ralph Lauren tux.

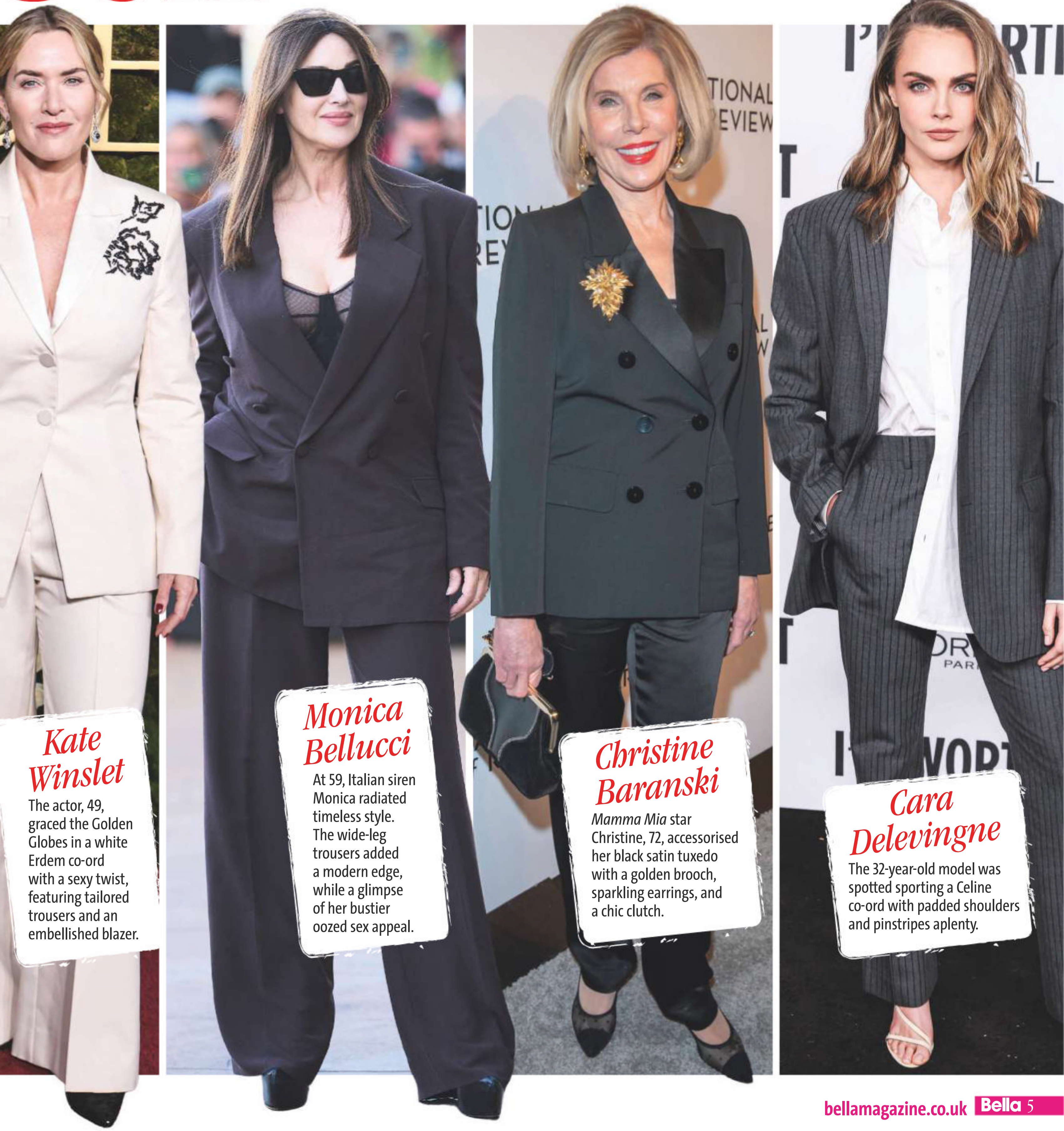


Brooke Shields

Brooke, 59, served preppy chic in a grey two-piece suit, paired with a sleek tie, silver stilettos and her signature blow-dry.

By Helena Holdsworth. **Pictures** Imago, Shutterstock

Tailored looks are stealing the spotlight...



Kate Winslet

The actor, 49, graced the Golden Globes in a white Erdem co-ord with a sexy twist, featuring tailored trousers and an embellished blazer.

Monica Bellucci

At 59, Italian siren Monica radiated timeless style. The wide-leg trousers added a modern edge, while a glimpse of her bustier oozed sex appeal.

Christine Baranski

Mamma Mia star Christine, 72, accessorised her black satin tuxedo with a golden brooch, sparkling earrings, and a chic clutch.

Cara Delevingne

The 32-year-old model was spotted sporting a Celine co-ord with padded shoulders and pinstripes aplenty.

HOLLY'S 'TOUGH' CHAPTER

Star had to 'dig deep' as she faced her own fears on new show

Ahead of her new show, *Celebrity Bear Hunt*, premiering next month, Holly Willoughby has opened up about the struggles she faced in the Costa Rican jungle. The *Dancing On Ice* presenter hosts Netflix's competition series, which sees celebrities like Shirley Ballas, Mel B and Steph McGovern tackling trials set by survival expert Bear Grylls. 'Being in Costa Rica really does throw you in at the deep end,' Holly reveals. 'Anyone who saw me in *I'm A Celeb* knows I'm not great with bugs, and I'm not sure I've gotten any better. Luckily, I had Bear on speed dial!'

The star, 43, adds, 'There were a few moments on this show where I had to dig deep and have a strong word with myself. At those times it was good to have someone like Bear next to me.'

Holly relished the challenge, despite her fear of creepy-crawlies and critters. 'I knew it was going to be the ultimate adventure, and I wanted something that really took me out of my comfort zone,' she says. 'I was most looking forward to experiencing the unknown. I think that it's important to challenge yourself as you get older, you should always push yourself to try new things.'

And she adds, 'I think I'd love the experience of finding out what I'm made of when tested. That's what I liked about the show; you see people discovering things about themselves that they didn't know. Maybe they thought they had a fear of heights, then suddenly discover, when push comes to shove, they can leap off something really high. I think when you discover you're braver than you think, it builds confidence and gives you skills to take back home and use in your real life.'

Getting to work with her adventurer pal Bear, 50, gave Holly points with her kids Harry, 15, Belle, 13, and Chester, nine. 'They are massive fans and watch him a lot on *You vs. Wild*,' she says. 'Before we went into filming, Bear and I met to talk about the show. Just spending a bit of time with him, I was really inspired. This is his passion and his absolute love; he lives, eats, and breathes it.'

But Holly admits she and Bear are 'poles apart'. Asked if she's outdoorsy, 'Well, if by outdoorsy you mean taking the dog for a walk, ending up at a pub, and having a Sunday roast, then yes, I'm really outdoorsy,' she laughs.

And, ever a fan of girl power, the former *This Morning* star thinks that a woman will win the series. 'The girls are super tough,' Holly says. 'I think Lottie Moss will be great. She's a beautiful girl who is made of tough stuff and she's often underestimated. Mel B is an actual Spice Girl so she's going to be incredible, and Shirley is a super-strong woman, who got to the top of her industry. She also has experience and life lessons on her side, giving her an advantage. So, I've got my money on the girls.'

● *Celebrity Bear Hunt airs on Netflix from 5 February*

MONEY MAKERS

Richard Madeley and Judy Finnigan have sparked speculation they could be selling merchandise after they renewed the trademark on their name. The couple first trademarked 'Richard and Judy' in 2000, the year Judy accidentally exposed her bra at the National Television Awards. Reports claim that the former *This Morning* hosts could launch their own range of underwear, perfume and cosmetics after their application was approved earlier this month. 'Judy's bra flash may have inspired the couple to consider underwear as an option, and clearly they still think so. But it's not the only product they'll be able to put their name on and they could make a mint,' a source said.

LINDA'S 'CHEERFUL' LAST DAYS

Linda Nolan spent her final moments 'laughing and joking', her sister Denise has revealed. The 'beautiful, brave' singer was surrounded by family after she was taken to hospital for double pneumonia and put on oxygen. 'She'd been laughing and joking, although the medical team had told her she had to stay quiet to let her treatment do its job. Everyone was being quietly optimistic as she'd seemed so cheerful,' Denise said. Sadly, Linda – who was diagnosed with breast cancer in 2005, which led to incurable secondary cancer – died on 15 January.

By Shereen Low. **Pictures** Netflix, Instagram, Shutterstock

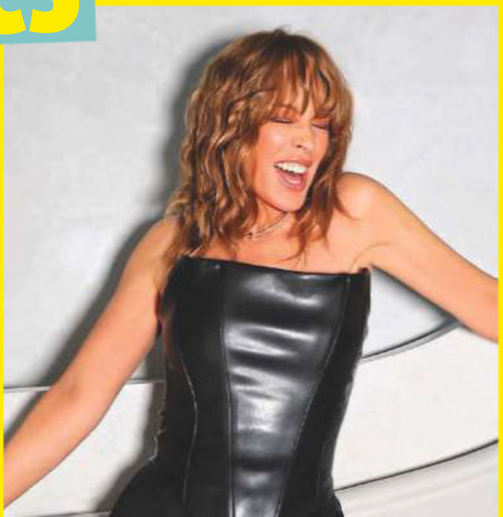
Bad romance

Jade Thirlwall has revealed how Harry Styles ghosted her after they dated. The Little Mix singer, 32, told Louis Theroux that the pair went out after meeting on *The X Factor* in 2010. 'We went on one date when we were 16. The minute One Direction went on live shows, he didn't message me back and I thought, he's gone,' she said. 'The next year, I saw him and he said, "I'm really sorry that I ignored you."' But Jade – who's dating Rizzle Kicks star Jordan Stephens – added there are no hard feelings. 'I was so young it didn't matter. He's lovely,' she added.

WEEK IN PICS

Puppy love

Eamonn Holmes expressed his joy as he was reunited with his beloved pup Maggie. 'That dog loves me,' the TV star, 65, said, sharing a clip of the dog licking his ear. 'All you need is love... And a rescue dog!' Eamonn's estranged wife, Ruth Langsford, has custody of Maggie.

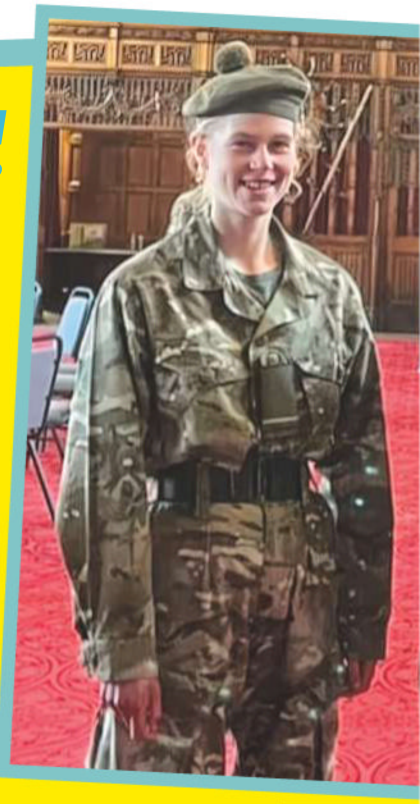


New year, new do

Kylie Minogue is no longer a golden girl – she's now a brunette beauty! The star, 56, unveiled a new hairdo as she launched her new single *Someone For Me*. 'Beautiful haircut,' one fan said, as another added, 'Wow!' We're loving it.

Royal heroine

Lady Louise Windsor has been seen in Army garb as she joined an exercise for future military officers. Prince Edward and Sophie's 21-year-old daughter is now tipped to become the first female royal to serve in the Army since the late Queen in 1945.



Exclusive

Harry: 'I want to build bridges'

The Sussexes are keen to make amends with the King after their latest backlash

The couple want to make peace

Prince Harry and his wife Meghan have struggled with their relationship with the royals since they first left the UK in 2020. However, following a slew of new allegations about their behaviour in a piece by *Vanity Fair*, the couple seem to be keen to make amends for the first time – and could even make a shock apology to King Charles himself.

The recent article, titled 'American Hustle', has drawn a lot of unwanted attention to the Sussexes, with sources who have worked closely with Harry and Meghan describing the Sussexes as 'cold and withholding'. And it seems this has spurred them on to finally make up with Harry's family.

A source tells *Bella*, 'The time has come to draw a line under everything and start afresh. They want to apologise to the King. For Harry, making amends with his father is extremely important to him. He wants to build bridges with his family and rebuild some sort of relationship with those he has become distant from.'

'They want to apologise'

An insider in the article claimed that working with Meghan was, 'really, really, really, awful. Very painful. When you are not in [favour], you are to be thrown to the wolves at any given moment… It's talking behind your back. It's gnawing at your sense of self.'

Sources also told the magazine that a colleague took a leave of absence after working on three episodes of Meghan's podcast, *Archetypes*, before quitting her job altogether. A few others who worked with the duchess are said to have taken extended breaks or undergone therapy afterwards.

However, another employee called Marie had a starkly different experience with the duchess, saying, 'She's just a lovely, genuine person.' Similarly, another staffer received a gift and a handwritten thank-you note from the duchess, with other sources noting how hard-working she is, so it's safe to say that it offered a varied report of what it's really like to work for her.

Regardless, this article has the Sussexes feeling panicked and unsettled. It's a huge step back for the brand they've tried to craft since leaving the UK five years ago. A source tells *Bella*, 'This article has been devastating for Harry and Meghan. They are determined to regain public trust, but the constant criticism is wearing them down. It's clear they're committed to moving forward, but it hasn't been easy.'

Harry, 40, is keen to draw a line under everything and start afresh with his family,

Meghan is hopeful that they can restore public trust

Harry wants to make amends with his family

The pair are determined to be a united front

but while King Charles, 76, has often said that the door is always open to his youngest son, William, 42, might be less amenable to a truce. A source says, 'William will be a tougher nut to crack, but there is hope that one day there will be some sort of reconciliation.'

The *Vanity Fair* article isn't the only bad press the duke and duchess have been on the receiving end of the past few months.

Most recently, while many applauded the pair's efforts to help the victims of the Los Angeles wildfires – even opening up their own Montecito home to those in need – some critics labelled them 'disaster tourists' and 'opportunists.'

'The tide needs to turn'

This all seems to have finally flicked a switch in Team Sussex. A source confirmed, 'They believe the tide needs to turn, and fast.'

The backlash has prompted the couple to enlist US-based agency Three Gate Strategies, led by Ashley Hansen, their former Head of Communications, to revamp their public relations approach. Insiders suggest that the Sussexes now plan to prioritise joint appearances to project a united front and improve their image.

'The Sussexes have decided to step back and let professionals take the lead,' said a source.

Part of this new strategy includes going together to the Invictus Games in Canada, the global sporting event founded by Harry to support injured service personnel. The Invictus Games – a project near and dear to both of their hearts – was originally planned as a solo trip for the duke, so inviting his wife along could reflect their renewed focus on being a united front for public engagements and restoring public goodwill. The couple are also planning a fundraiser for those affected by the tragedy, a move aligned with their commitment to humanitarian causes.

As they continue to face a number of personal and public challenges, the Sussexes have had some good news. Harry has settled his long-running legal dispute with News Group Newspapers, and has received 'significant damages' after they apologised for 'serious intrusion' into his private life.

Now, as they prepare to repair family relations and their public image, they're hoping for a happy, calm and more positive future, for themselves and their children, Prince Archie, five, and Princess Lilibet, three.

Charles's door is thought to be open to reconciliation

By Sarah O'Byrne. **Pictures** Shutterstock, PA

PAULI

'She j time

Husband Steve is a big support

Linda is a good friend

A proud moment – getting her MBE from Prince William

Two years after being awarded an MBE, it's been revealed that Pauline Quirke has been sadly battling dementia since 2021. Her husband Steve Sheen said that the *Birds Of A Feather* star will retire from work, including her performing arts school, as he revealed her diagnosis.

'It is with a heavy heart that I announce my wife Pauline's decision to step back from all professional and commercial duties due to her diagnosis of dementia in 2021,' he said. Praising her 'talent, dedication and vision', he continued, 'Pauline has been an inspiration through her work in the film and TV industry, her charity endeavours and as the founder of the very successful Pauline Quirke Academy of Performing Arts (PQA).

'We kindly request privacy and understanding for Pauline and our family during this difficult period,' Steve added. 'Pauline just wants to spend time with her family, children and grandchildren.'

Pauline, 65, has been married to TV and film producer Steve since 1996, and they have son Charlie, 30. Pauline also has daughter Emily, 40, from a previous relationship, as well as two grandchildren.

A source told *Bella* that her childhood friend and 'best mate' Linda Robson, with whom she has been pals for 50 years after meeting at drama school when they were 10, is heartbroken over the news. 'Linda has known for some time about Pauline's diagnosis. Of course she's devastated, but she's doing all she can as a close friend to help her and her family,' the insider told us.

'My family is my life'

Despite her own battle, Pauline and Steve have 'pledged future support' for Alzheimer's Research UK to help raise funds for research and awareness.

Hilary Evans-Newton, Chief Executive of Alzheimer's Research UK, said, 'We are saddened to hear of Pauline's diagnosis and

NE'S DEMENTIA BATTLE

ust wants to spend with her family'

TV star supported by loved-ones, including best friend Linda Robson, as she retires after shock diagnosis

send our best wishes to her, Steve and the wider family. The family should be praised for making the brave decision to make her diagnosis public, which will not only provide more freedom for them, but also raise such vital awareness of the condition. We're so grateful that Pauline and Steve have pledged to support our work when the time is right. We look forward to working with them to raise further awareness of dementia and funds for research.'

With a glittering career spanning 50 years on stage and screen, Pauline is one of the UK's most-loved comedic and drama actresses, appearing in more than 60 TV shows and films. She's best known for starring as convict's wife Sharon Theodopolopodous in *Birds Of A Feather* alongside Linda and Lesley Joseph, for which she won a British Comedy Award in 1990.

She was nominated for a BAFTA for playing convicted murderer Olive Martin in BBC drama *The Sculptress*. Her other best known roles include crime series *Broadchurch*, ITV soap *Emmerdale*, detective drama *Maisie Raine* and *Casualty*. Pauline was awarded an MBE in the late Queen's final Birthday Honours in 2022 for her services to the entertainment industry, young people and charities, receiving the award from Prince William at Windsor Castle in 2023.

> 'I've had a successful career'

Alongside her *Birds* co-stars Linda and Lesley

Pauline stepped down from acting in 2020 to focus on her drama academies and didn't return for the *Birds Of A Feather* Christmas special in 2021, after reprising the role for the festive editions in 2017 and 2020.

'I am taking a back seat [from acting]. I want to start to enjoy more of what we are working for,' she said. 'Life is good. I've had a very successful career and I'm a happy person.'

And she revealed how her greatest joy is with her loved ones. 'While I love my job, it's not my life. My kids, my husband and my home – that's my real life,' she said. 'As soon as I get home, it's when I'm happiest. Just being at home with my lovely husband and the kids.'

The pair first met at drama school

With son Charlie

By Shereen Low. Pictures: Shutterstock

Exclusive

'I want to take a year off and travel'

Alison Hammond on turning 50 and making plans for the future

Alison travelled to Florida with son Aidan for her new show

She is one of TV's most in demand and popular stars and now as Alison Hammond turns 50 next week, she admits she is in a very 'happy place' as she enters a new decade. As well as filming an exciting new BBC2 travel series in Florida with her son, Aidan, Alison has also been dating her model boyfriend, David Putman, 27, for over a year.

She chats exclusively with us about how she feels turning 50, why she wants to embrace her natural self and why working with Aidan was the most special TV project she has ever worked on…

> 'I am in a happy place'

She plans to make a call into *This Morning* on her birthday

You are turning the big '5-0' next week – how are you feeling?

I am going into a new decade and I feel good. I feel happy; I am in a happy place. My whole life is looking wonderful.

If you reflect on everything you've achieved, what are you most proud of?

My biggest achievement is Aidan. I feel proud I have been successful in bringing him up into being a nice human being, which is what he is. What's nice is I'm always getting messages from people telling me how lovely he is.

Do you have any special plans for your 50th?

When I was 48, I had a massive party and it was wonderful. So I am not going to be doing that. It's also Aidan's birthday on my birthday and he will be 20, so he is going into a new decade too. On the day, I am going to chill out at home – there is no place like home for me at the moment. I am going to relax, eat cake, maybe make a phone call to *This Morning* to say 'good morning' to Ben and Cat, chill out and enjoy being 50.

Her son turns 20 on the same day as her 50th

With her boyfriend, David

Recently a social media post of you make-up free went viral – were you amazed by the positive reaction?
In the past, I have never wanted to post things without make-up on. I can remember a producer once telling me you should never post without your 'face' on. I thought, 'Why does it have to be like that?' It's OK to accept who you are. I am good with make-up and I am good without. The irony of it is I feel most comfortable without make-up! I love going out without any on. Not only do I get it on everyone's clothes when I give them a hug or a kiss, but it's good to be free and who you genuinely are.

Tell us about your brand-new BBC2 travel series in Florida with your son, Aidan?
We've been to Florida so many times and we have fallen into the trap of doing the same things over and over. We've been to all the theme parks – Disney, Universal – and I wanted to know if there was anything more to Florida. We loved it. You also get to see my relationship with Aidan. This series is so different to anything I've done before because I'm working with him.

'We are like twins'

Is this the most special TV project you've ever worked on?
Oh gosh yes! You get to see the love between Aidan and I. It's intimate at times and you get to see the real relationship. With a teenager, they don't really want to spend time with their parents – so the fact I get to spend time with him is really special. Aidan is the one person who really makes me laugh. I trust him implicitly.

You visited Florida a lot with your mum too (Maria, who sadly died in 2020) – what would she think about you and Aidan both working together now?
She would have said, 'It's a no brainer, of course you must do it.' She loved us being together. Aidan was born on the same day as me and so we are very similar. I have always said we are like twins, but just different generations. He is a chilled-out carbon copy of me!

***This Morning*, *Bake Off*, *For The Love Of Dogs* and now this... you must be pleased to be part of such a wide variety of TV shows?**
There is so much stuff I enjoy doing. If it makes me happy, I will do it and I am all over it. If it doesn't bring joy or happiness, I won't do it. I am at that stage now where I only do what makes me happy.

And finally, is there anything you would like to do in the next decade?
In the next 10 years, I want to travel the world. I would love to take a year off and just go and travel. Not just yet. But one day, I will go and visit places like Thailand, Sri Lanka and Japan. I need to see the world before I die!

● *Alison Hammond: Florida Unpacked airs weekdays on BBC2 at 6.30pm. You can also download episodes on BBC iPlayer.*

By Christine Smith. **Pictures** BBC, ITV, Instagram

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CRIMINAL LINES
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bella debate

Andropause is a natural process that men experience as they age, involving a gradual decline in testosterone levels. While some believe this can be compared to when women go through 'the change', others are sceptical. ***So we ask…***

Should we take the male menopause seriously?

No

'It's not the same thing'

Georgina Fuller, 46, freelance journalist/writer

Whenever I hear anything about the so-called 'male menopause,' which TV interior designer Laurence Llewelyn-Bowen, 59, recently claimed he was suffering with, I have to try really hard not to roll my eyes. I'm sorry, chaps, but there really is no such thing as the 'manopause'. A midlife crisis is one thing, the menopause is quite another!

As a 46-year-old perimenopausal woman who has been taking HRT (Hormone Replacement Therapy – the clue's in the name, chaps) for three years, I can confirm the menopause is specific to women. It happens, usually around the age of 51, when our periods stop and our oestrogen and progesterone levels drop.

The symptoms – mood swings, forgetfulness and anxiety, to name but a few – are unique to women and all hormone related. That's not to say middle-aged men don't have any testosterone related symptoms, but it is not the same thing.

Us women have been suffering in silence for years. Until until the likes of Davina McCall and her pioneering programme, *Sex, Myths and the Menopause* in 2021, and menopause guru Dr Louise Newson, who has been campaigning for HRT, came along, our symptoms were mostly dismissed by doctors.

I would hate for the menopause to be accosted by men too. So come on, chaps, leave this one to us.

Yes

'There's science behind it'

Stefanie Daniels, 44, CEO of Life Begins at Menopause

Male menopause, or testosterone deficiency syndrome (TDS), isn't just a fancy term for feeling a bit out of sorts, there's science behind it. As men age, their testosterone levels naturally drop, leading to symptoms like fatigue, weight gain, mood swings and more.

Instead of recognising these symptoms for what they are, they're often brushed off as 'just part of getting older'. But what about the example it sets for the boys watching their dads or uncles handle these changes? If the answer is to grit their teeth and pretend everything's fine, we're teaching the next generation that struggling in silence is somehow normal. It's not!

There's plenty that can be done to help optimise this life stage, starting with cutting out old habits – like relying on alcohol to de-stress or avoiding exercise. Over time, these changes can be transformative and for those dealing with severe symptoms, hormone therapy might provide the extra support they need.

Taking male menopause more seriously isn't about complicating things, it's about improving lives. Men deserve to feel good in midlife too.

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By Paula Costas **Pictures** Shutterstock

SPANISH BABIES SCANDAL

‘Doctors told me my baby had died – but I believe she was stolen at birth’

Ruth Appleby, 61, was grief-stricken after learning her daughter hadn’t survived – but decades later, she uncovered something shocking…

Ruth during her years living in Spain

As I moved my needle in and out of the fabric, I smiled as a little teddy bear started to appear. It was 1992 and I was pregnant with my first child – a little girl – and I was hand-stitching a sheet for her pram. Her nursery had been painted daffodil yellow and I imagined all the memories we’d make in there. I pictured myself rocking her to sleep, clapping as she took her first steps and brushing her hair for her first day of school.

My husband and I moved from the UK to Spain in 1982 and eventually settled in Galicia, a beautiful region in the northwest. We couldn’t wait to raise our daughter there, who we’d already named Rebecca.

I had a smooth pregnancy and when I was 12 days overdue, I was admitted to hospital in A Coruña. Despite being overdue, the doctors wanted me to hang on for a couple more days, but they didn’t explain why. ‘I just want to meet her now,’ I said to my husband. But it was at half-past midnight that I was taken to theatre and put under general anaesthetic and my baby was delivered via C-section at 1.20am. When I came to, around 6.30am, I couldn’t wait to hold Rebecca. ‘Where’s my baby?’ I asked the nurses. ‘When can I see her?’

‘Where’s my baby?’

‘Soon,’ they replied. Suddenly, my husband entered the room, but his eyes were filled with tears. Taking my hand, he told me the earth-shattering news that Rebecca had, inexplicably, died within hours of being born.

‘I don’t understand,’ I cried. I hadn’t got to hold my baby in my arms or even see her face, and somehow, she was gone forever. It was impossible to process. When I was in recovery, my husband had been able to meet Rebecca while she was still alive. He said she was absolutely beautiful.

The doctors said that Rebecca suffered a heart problem, that it was like a bad lottery and that they have five cases of this every year. I’d never felt such sadness in all my life and I couldn’t believe our loss was being compared to a lottery. We’d barely begun grieving before they started pressuring us to have Rebecca cremated. ‘No,’ I said firmly, insisting that she’d be buried. Despite asking several times to see her, the staff said that the autopsy had already started. They also decided where she’d be laid to rest. It was odd but we were in such a state of grief and shock and I was also very unwell from an infection, so we put our trust in the hospital. I was discharged seven days later, and we were bewildered to learn that Rebecca’s funeral had already taken place without us. Arriving at her grave, there were already flowers there, but we didn’t know who had left them.

Returning home without our daughter was heartbreaking. Walking into her nursery, I broke down. We’d been robbed of every memory and milestone with her. It was the love and care we received from our family, friends and our little pup, Spike, that got us through each day. We tried our best

DERECHOS HUMANOS PARA BEBÉS ROBADOS

There is thought to be as many as 300,000 victims

With her daughter Rosie

She reached out to the TV show *Long Lost Family* and was helped by Davina

to move on with our lives, but I suffered severe depression. Eventually, we felt strong enough to try for another baby, and in 1995 Rosie was born, followed in 2001 by brother Benji. Sadly, in 2004, my husband and I separated and I moved back to Yorkshire.

I missed being able to visit Rebecca at the cemetery so, in 2010, I decided to have her remains brought back to the UK. Travelling to Galicia with my solicitor to oversee the removal of Rebecca's coffin, nothing could have prepared me for what unfolded. The coffin was too large to fit in the chest sent by the crematorium, so without any warning, the cemetery workers took a crowbar and opened the lid. 'What are you doing?' I screamed. I could see Rebecca's remains inside the coffin – it was utterly barbaric, like something from a nightmare. I went into emotional and physical shock. I arranged to have Rebecca's remains cremated and I brought the ashes back to the UK. Despite the trauma of it all, I was glad I had her home with me.

In 2012 a friend visited me from Spain. I was speaking about A Coruña when she interrupted me. 'This is what I've come to speak to you about,' she said. She began telling me how DNA evidence had proved that a Spanish baby snatching scandal existed and it had recently hit the headlines. It started under General Franco's dictatorship in the 1930s, and involved newborn babies being taken at birth and given or sold to other families, often with the help of priests and nuns.

One of the cases she detailed was almost identical to mine. 'Oh, my goodness,' I gasped. I suddenly had a flashback to the day Rebecca's body was exhumed. At the time, I noticed that the skeleton was much larger than that of a newborn and more the size of a young infant, but as I was so traumatised, I had blocked it out. But now I realised that couldn't have been Rebecca!

'I'll never stop looking'

I thought about why the doctors waited a couple of days to deliver her and why they did in the middle of the night, and if they were waiting for a quieter time.

I gathered all the documentation surrounding Rebecca's death. What I found shocked me to my core. The license to have her buried was blank, meaning there was no signature from the authorities. There was also an appointment card for a six-week check-up for the baby. We were handed these at a time when we were so vulnerable that we didn't read them. It was the most surreal feeling in world learning that the daughter I'd spent 20 years grieving for was perhaps alive. 'This is evil – but it could also be a miracle,' I said.

I contacted North Yorkshire Police who contacted Interpol and they requested a hospital report. Unbelievably, it showed four different times of death for Rebecca. Despite taking my case to the Spanish police and Interpol, I made no further progress, even though I have petitioned tirelessly for my case to be reopened.

One day, I told a friend about my ordeal. 'You should contact TV show *Long Lost Family*,' she suggested. I'd exhausted all other avenues, so it seemed like a promising idea. I contacted the production team in 2023, and I underwent a DNA test to see if there was a match to any other living blood relative on any of the widely available databases. Sadly, there was none. It was, however, a comfort meeting other families also affected by this scandal. It is estimated there could be as many as 300,000 victims. My hope is that more and more people undergo DNA testing, and it will lead me to Rebecca, who would be 32 now. It's not justice I'm after; I simply need the truth. It would be a miracle to be reunited with the daughter I never got to meet, and I owe it to Rebecca to always have hope. I'll never stop looking for her.

● *Ruth's story features in Long Lost Family: The Spanish baby scandal, available to watch on ITVX.*

By Paula Costas **Pictures** ITV, Shutterstock

‘I’ve lost 10st – pe don’t recognise m

Teg Turner, 37, was eating and drinking herself into an early grave – but she turned things round…

Sitting down on the sofa, I opened up the takeaway app. It was January 2022 and I hadn’t eaten all day as it had been hectic at my job as a mental health nurse. On most shifts, I’d barely have time to sip an energy drink and nibble on biscuits. By the time I’d get home, the hunger would hit, and tonight was no different.

I ordered a large Domino’s pizza, two garlic breads, garlic and cheese pinwheels, and a large bottle of lemonade. As I wasn’t working the next day, while I waited for it to arrive, I opened a bottle of wine too. Some nights, I could get through up to two bottles. Food and alcohol had become my crutch over the previous few years. Eating and drinking was my way of coping with stress and boredom. But it meant I was a size 24-26 and weighed 23st 5lb.

As a teenager and into my early twenties, I’d been active and slim. I loved running and hitting the gym four times a week. My parents, who raised me vegetarian, were fit and active role models. But everything changed when I was 23. ‘You need to stop running,’ my doctor told me after I developed shin splints. I was devastated. Running wasn’t just exercise – it was my stress reliever. As life piled on with work stress and a bad break-up, I started turning to food for comfort.

By the time I’d qualified as a nurse in 2011, I’d gone from a size 10 to a 14. Over the next few years, my size rocketed and during the pandemic, things got even worse. Working on the wards every day was stressful and scary. The constant news about obesity being a major risk factor for COVID made me painfully aware of my weight. But instead of addressing it, I only spiralled further into comfort eating. I started isolating myself from friends and avoided socialising.

My parents were worried about me. ‘We just want you to take better care of yourself,’ my mum, Fiona, would say gently. But their concern only added to my guilt and I’d end up eating more. And now, as I tucked into my takeaway, I was the heaviest I’d ever been.

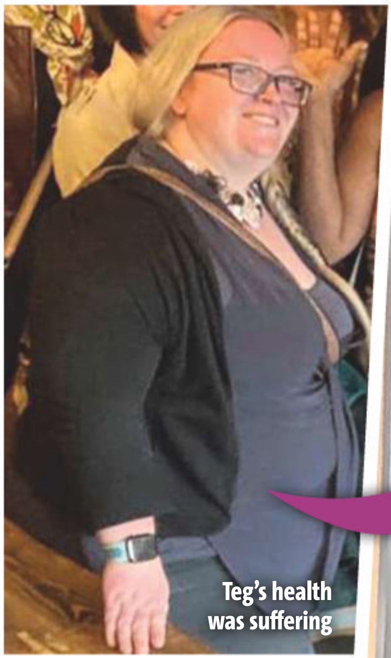
Then one day at work, a long-term patient chatted with me. ‘I’m concerned about you,’ he said in a kind voice. ‘Have you had yourself checked out recently?’ I knew that he was politely trying to say that he was worried about my weight. I felt a lump in my throat. I was meant to be looking after him, and here he was, worried about me.

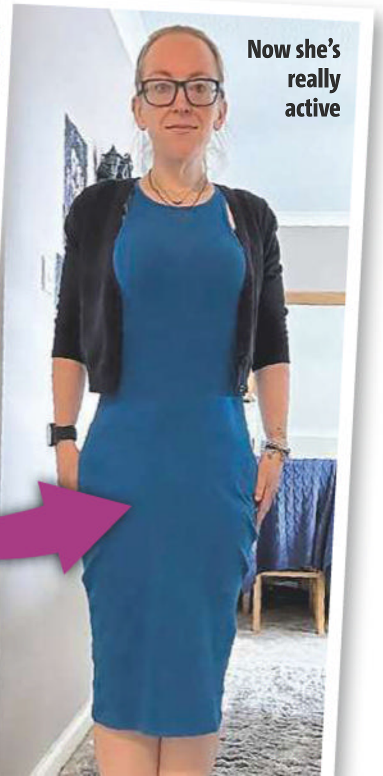
And the wake-up calls kept coming… In April 2022, while reaching behind the sofa at home, I felt a sharp pain in my knee. The doctor suspected a meniscus tear but told me surgery wasn’t an option because of my weight. Then that August my dad Ian, who was fit, regularly cycled and followed a vegan diet, collapsed unexpectedly. Thankfully, he was fine after a blocked artery was fixed, but it was a huge shock and a wake-up call to address my own health. ‘I can’t keep living like this,’ I told myself. By then, I’d been signed off work for stress. That October, my doctor prescribed me antidepressants and I began private therapy the following month. I also started following The 1:1 Diet by Cambridge Weight Plan on Instagram. The transformations were incredible, and I decided to give it a try. I found a consultant, Kirsty Monk, who’d lost 6st herself.

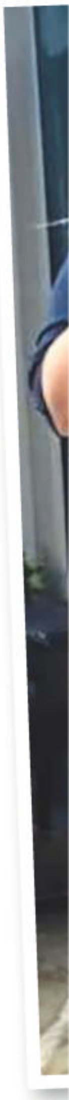
On 30 December, I had my last alcoholic drink and started the diet on 8 January 2023. By then, I weighed 20st 13lb. The first two weeks involved two meal replacements and a 600-calorie meal a day. I lost 12lb, then switched to Step 1, which was four meal-replacement products a day totalling 800 calories.

The weight started dropping off, and by September, I’d lost 8st. Using meal prep boxes like Gousto, I learned to cook nutritious meals again focusing on protein and fuelling my body the right way. For the first time in years, I felt in control of what I was eating. I started meeting friends again and even revisiting my neglected allotment.

By Christmas, I’d bought a compact, portable treadmill that was designed for walking or light jogging. I downloaded the Couch to 5K app and in February 2024, I ran 5k non-stop on my walking pad. ‘A year ago, I wouldn’t have walked down the road,’ I thought, breathless and elated. I joined


Teg’s health was suffering


Now she’s really active



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e!'

BEFORE
20st 13lb
Size 22-24

Behind her smiles, Teg was unhappy

a running club and fell in love with running all over again.

With the support of my GP, I started to wean myself off antidepressants, and by the end of that month, I'd hit my goal weight of 10st 10lb. Now, a year later, I've been maintaining my weight through a healthy diet and exercise. I run three times a week with my Taunton Running Club and do weight training at the gym in the early mornings before work. My knee pain turned out to be arthritis caused by my weight, but it doesn't stop me. My running buddies were astonished when I recently showed them photos of 'Big Teg'. 'No way is that you!' they said and, honestly, I can hardly believe it either. Now my clothes from my early twenties fit me better than they did before! I've gone from eating around 3500 calories a day to a balanced diet with around 1800 to 2000.

AFTER
10st 10lb
Size 8-10

Breakfast is a must now, usually yogurt and granola or porridge. Lunch might be a frittata, and dinner is often a veggie stir-fry or broccoli salad. I still don't drink alcohol, but I do treat myself to the occasional pizza or some lemonade. I've learned about moderation.

I've become a consultant too which has been the cherry on top of this journey. I love helping others transform their lives, just like I did. I recently moved offices for work and the staff there didn't recognise me from when they saw me five years ago. My parents are very proud. I go running with Dad now and we spend more quality time together as a family because I'm no longer hiding away.

Looking back, it's hard to believe how far I've come. I'm thrilled to be living life to the full again.

● *Follow Teg on Instagram at @one2one.sunflower*

DIET BEFORE

BREAKFAST Energy drink
LUNCH Biscuits
DINNER Pizza takeaway, including cheesy sides, two garlic breads, lots of garlic dip, lemonade or several glasses of wine
SNACKS Biscuits

DIET AFTER

BREAKFAST Yogurt and granola with berries or a bowl of cereal or porridge
LUNCH Frittata with salad or egg salad wrap
DINNER Veggie stir-fry or ratatouille tart with salad
SNACKS Houmous with veg sticks, protein pudding, three litres of water

By Matthew Barbour and Elaine Hayward

Bella MONTHLY

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Fern's size 10 SLIMDOWN!
Her tips on beating the yo-yo diet
Easy, one-pot dinners!
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Alison & Cat's DIET SECRETS
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FREE MAG INSIDE
A happier, healthier you in 30 DAYS!
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- Feel great in 30 days with our free magazine!

PLUS two months' free membership to Nutracheck

ON SALE NOW!

Trusty Trench

Jumper, 6-22, Marks & Spencer, £35

Instantly update a classic mac by pairing with elegant, tonal pieces

Coat, XS-XXL, H&M, £49.99

Skirt, XS-XL, Reserved, £19.99

Boots, Stradivarius, £89.99

Bag, River Island, £22

Stripe Right

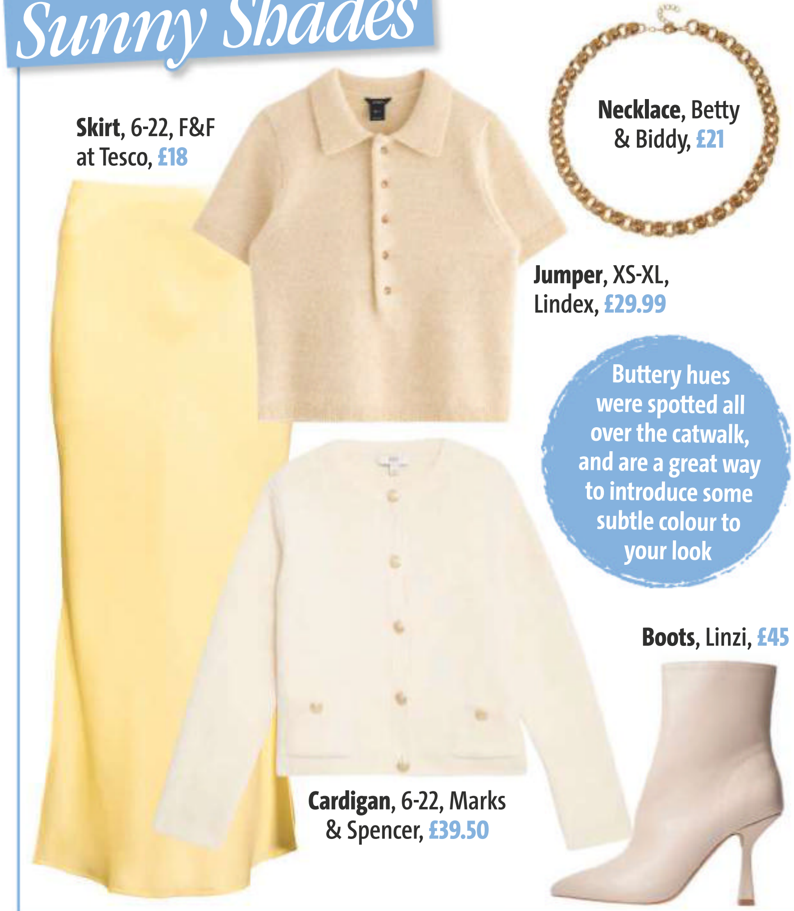
Jacket, 10-28, £64.99; **Jeans**, 10-28, £39.99, both Damart; **Boots**, Stylist's own

BUY NOW, WEAR ALL SEASON

Kick-start your spring wardrobe with the latest high-street trends

Continued over the page...

Sunny Shades



Skirt, 6-22, F&F at Tesco, £18

Necklace, Betty & Biddy, £21

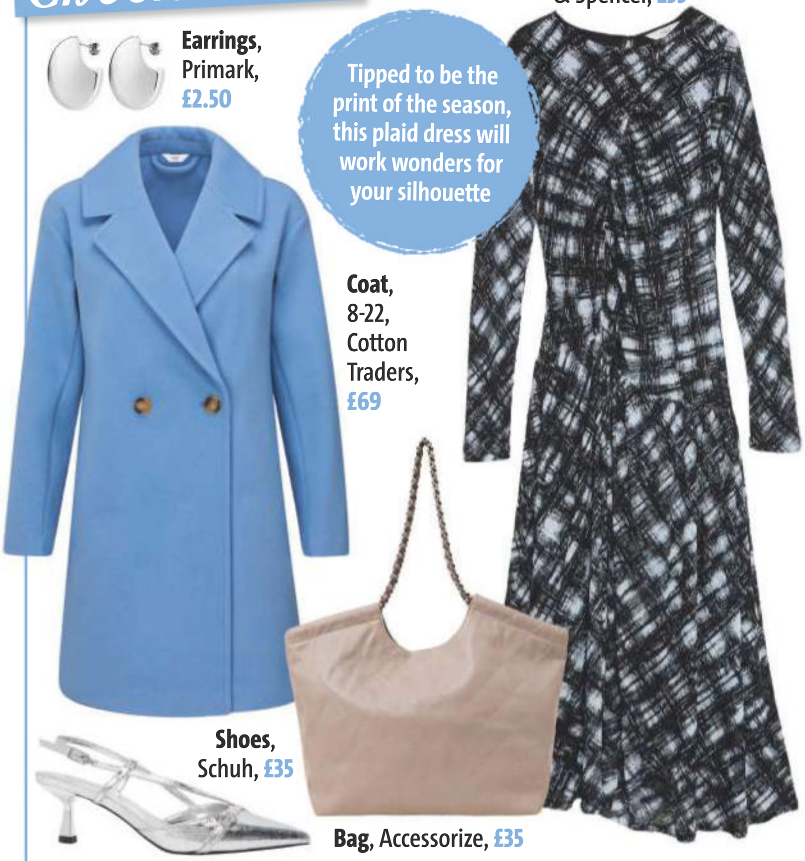
Jumper, XS-XL, Lindex, £29.99

Buttery hues were spotted all over the catwalk, and are a great way to introduce some subtle colour to your look

Boots, Linzi, £45

Cardigan, 6-22, Marks & Spencer, £39.50

Check Mate



Earrings, Primark, £2.50

Dress, 6-22, Marks & Spencer, £35

Tipped to be the print of the season, this plaid dress will work wonders for your silhouette

Coat, 8-22, Cotton Traders, £69

Shoes, Schuh, £35

Bag, Accessorize, £35

Give your ensemble a dopamine boost with scarlet shades

Red Hot

Shirt, 6-22, £38; **Trousers**, 6-22, £38; **Shoes**, £49, all Next

Wild Thing

Leopard print is here to stay! Team this skirt with a knit right now, and swap to a tee once the weather warms up

Jumper, 6-20, £55; **Skirt**, 6-20, £49; boots, £155, all Sosandar

Denim Delight

Jumper, 6-22, Marks & Spencer, £17.50

Jeans, 6-18, River Island, £45

Barrel jeans may seem scary, but they're actually perfect for flattering wide hips and thighs

Jacket, 6-22, Primark, £19

Bag, Katie Loxton, £54.99

Trainers, New Look, £29.99

Suits You

Trousers, 8-24, George at ASDA, £18

Blazer, 8-24, George at ASDA, £28

Scarf, Mango, £12.99

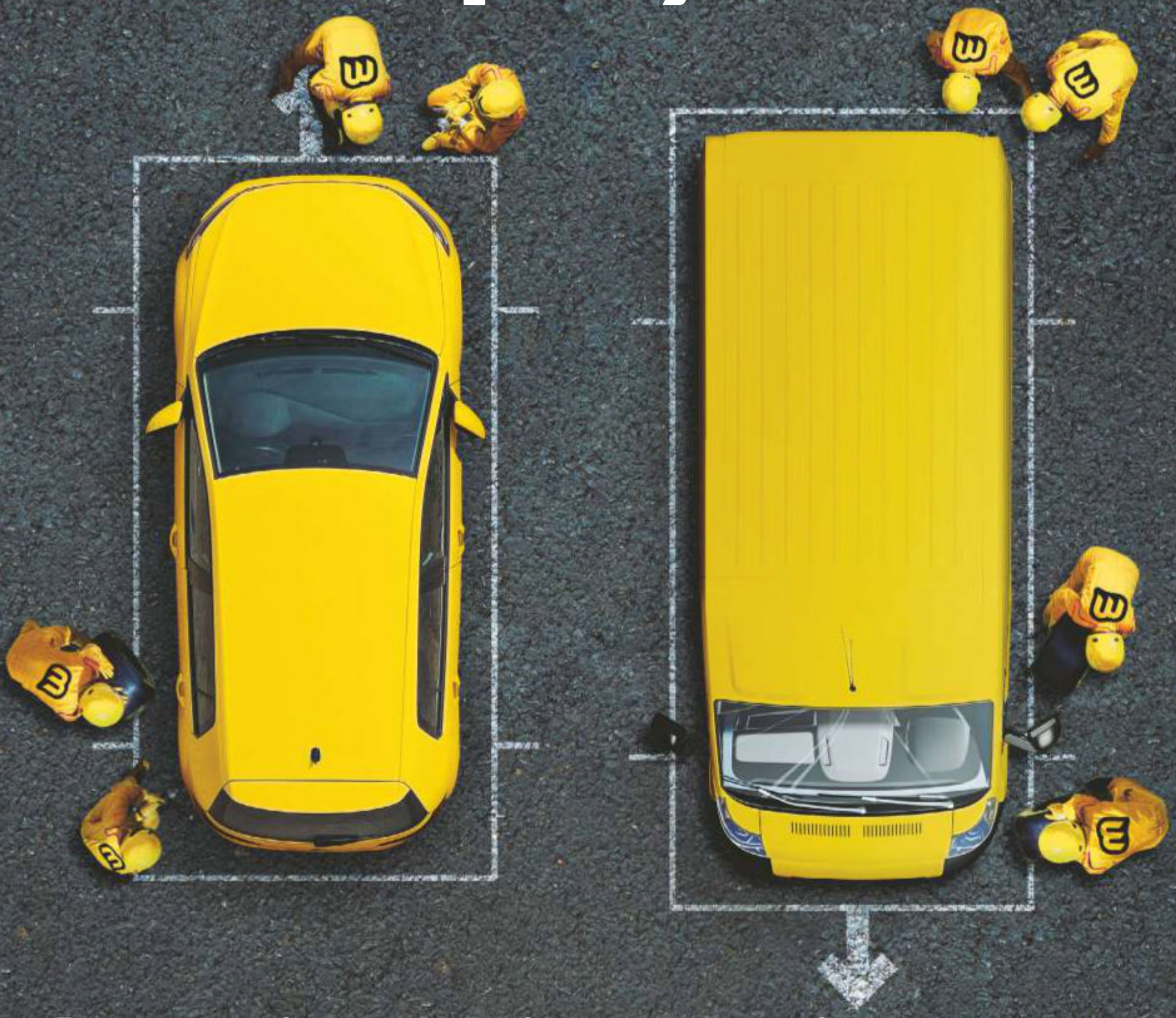
Waistcoat, 8-24, George at ASDA, £18

Get the most for your money by switching up this suit set with different separates

Shoes, Primark, £14

Compiled by: Cigdem Tanrioglu

Car or van, work or play



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Mood-boosting BUYS

£25 & under!

Beat the January Blues with these bargain extras

Stradivarius, £4.99

boohoo.com, £22

H&M, £8.99

River Island, £25

Scarf, Lipsy, £20

boohoo.com, £21

Primark, £1

Next, £22

Peacocks, £20

Peacocks, £4

Accessorize, £16

By Ella Shire

A-List App

in
transit
camera
close-up
Be ready for that 'close-up' in seconds with a mask, moisturiser & primer in one
thisworks
40ml ℮ 1.35 fl oz

Victoria Beckham

For a long-lasting results, look no further than this ultra-hydrating primer, which also doubles as a moisturising mask. It's so good, Posh took to social media stating, 'This does work! Amazing!' We're sold. **ThisWorks In Transit Camera Close-Up Primer, £35**

Jennifer Lopez

J.Lo's make-up artist is one of many Hollywood beauty pros who swear by this powder foundation, which stays on all day and reduces oil and shine for a filter-like finish. Who said you had to spend big to look like a celeb? **Maybelline SuperStay 24H Hybrid Powder Foundation, £12.99**

MAYBELLINE NEW YORK
SUPER STAY
UP TO 24H
HYBRID POWDER-FOUNDATION
FOND DE TEINT POUDRE HYBRIDE
10

Blake Lively

This pout-perfecting lipstick is a favourite of Blake's thanks to its high-gloss finish and pigmented formula. She even wore the bargain lippie at last year's Met Gala. **L'Oréal Paris Color Riche Shine Lipstick, £9.99**

juice BEAUTY
THE ORGANIC SOLUTION
PHYTO-PIGMENTS
Illuminating Primer
Base Illuminatrice

Gwyneth Paltrow

Infused with an age-defying serum, this illuminating primer is one of Gwyneth's complexion heroes – and it couldn't be easier to use. She explains, 'It's foolproof and great. I just apply it with my fingers like a moisturiser.' **Juice Beauty Phyto-Pigments Illuminating Primer, £34**

By Phoebe Denman. **Pictures** Getty

roved

These make-up icons are celebrity favourites

Margot Robbie

Not only does this long-lasting foundation contain a whole host of skincare benefits, but it is also the key to the *Barbie* star's flawless look. Margot explains, 'For everyday I use Laura Mercier Tinted Moisturiser mixed in with some face cream.' **Laura Mercier Tinted Moisturiser Natural Perfector SPF30, £42**

Maya Jama

When it comes to hiding blemishes, this crease-proof, correcting concealer is Maya's ride or die product. 'Concealer is most important,' she said. 'I can go without mascara but concealer makes for a no make-up make-up look.' **MAC Studio Finish SPF35 Concealer, £25**

Naomi Campbell

Since she rarely has much time to do her glam, the fashionista opts for a quick routine, often applying a gold shade from this luxe eyeshadow palette to her eyelids and lower brow. **Nars Eyeshadow Quad in Taj Mahal, £41**

Catherine Zeta-Jones

Fancy copying the 55-year-old's sultry eye make-up? Grab yourself this cult classic eyeliner. The dual-ended applicator means you can create a precise line, which can then be smudged for an easy smoky look. **Elizabeth Arden High Drama Eyeliner, £20**

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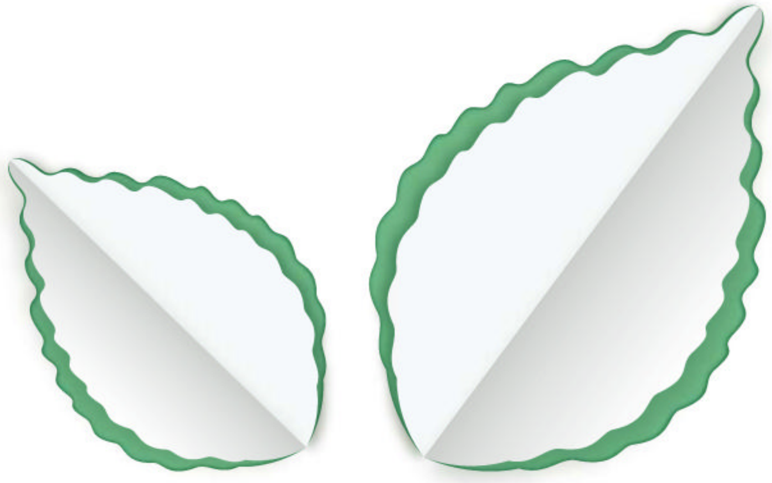

PAPER LOVES TREES

European forests, which provide wood for making paper, paper packaging and many other products, have been growing by 1,500 football pitches every day!

Source: Two Sides Analysis of FAO data, 2005-2020
European Forests: EU27 + Norway, Switzerland and the UK

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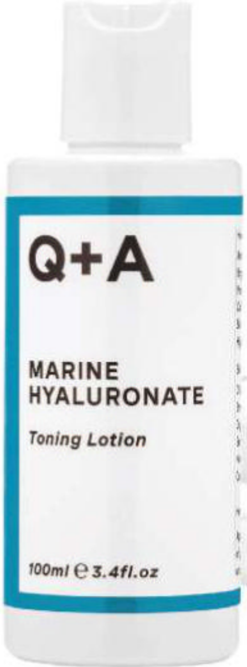
Hydration HEROES

Keep dry skin at bay with these moisturising must-haves


Q+A
MARINE HYALURONATE
Toning Lotion
100ml ℮ 3.4fl.oz

This toning lotion hydrates and preps skin with marine ingredients, leaving it smooth, soft, and revitalised. It's perfect for dry skin, providing a boost before the next steps in your routine. **Q+A Marine Hyaluronate Toning Lotion, £8.50**

This teddy bear-shaped lip mask is like a glass of water for your pout. Packed with ceramides and peptides, it will heal dry, chapped lips, leaving them feeling soft, plump, and perfectly hydrated.**Dr.Jart+ Vital Hydra Solution Hydrating Lip Mask, £22**

For an instant pick-me-up, this affordable sheet mask gives your skin a big dose of moisture. Infused with aloe vera and hyaluronic acid, it hydrates and smooths, leaving you with a fresh, glowing complexion. **PS... Prep + Perfect Hydrating Priming Sheet Mask, £1**

PS...
prep + perfect
Hydrating
Priming sheet mask
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ULTRA VIOLETTE
SPF 50+
EXTREME SCREEN
HYDRATING BODY + HAND SKINSCREEN
UVA + UVB BROAD SPECTRUM
4 HRS WATER RESISTANT
150ML 5.07FL.OZ

Keep your skin protected from harsh UV rays with this lightweight option. Not only is it non-greasy and absorbs quickly, but it will leave you moisturised all day long. **Ultra Violette Extreme Screen Hydrating Body & Hand Skinscreen SPF50+, £27**

Gently remove make-up and impurities without drying out your skin with this snow mushroom and aloe vera-infused micellar water. A quick swipe will leave skin feeling fresh, and perfectly balanced – no harsh stripping here. **Botanics Hydrating Gentle Micellar Water, £7.99**

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THE POWER OF PLANTS
HYDRATING
Gentle Micellar Water
Cleanses, soothes & rehydrates skin
SNOW MUSHROOM & ALOE VERA
400ml ℮ 13.5 FL. Oz.

VERSED
WATER RUSH
HYDRATING EYE GEL
hyaluronic acid complex + aloe leaf juice
0.5 fl. oz. | 15 ml

Wake up tired eyes with a cooling eye gel. Containing aloe leaf juice, a quick swipe of this wonder product will reduce puffiness and dark circles for that wide-awake look. **Versed Water Rush Hydrating Eye Gel, £12**

HOLY HYDRATION!
THIRST BURST DROPS
DEWY + BRIGHTENING
e.l.f.
SKIN

These drops are perfect for a quick moisture boost. Formulated with hyaluronic acid and squalane, they will nourish and refresh your complexion with just a few drops. **e.l.f cosmetics Holy Hydration Thirst Burst Drops, £12**

VICHY
MINÉRAL 89
100H MOISTURE BOOSTING CREAM RICH
CRÈME BOOST D'HYDRATATION 100H RICHE

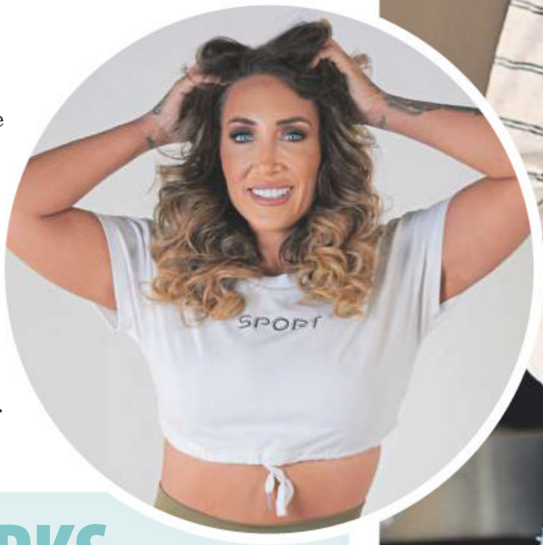
This rich, luxe cream will keep your complexion hydrated for up to 100 hours. Packed with volcanic water and hyaluronic acid, it nourishes and strengthens, giving your skin a boost of moisture and protection from the elements. **Vichy Mineral 89 100h Hyaluronic Acid Rich Hydrating Cream, £24**

Words: Emma Hawkins

BEAT THE YO-YO DIET

Lose seven pounds in seven days and discover how to keep it off for good

Terri-Ann Nunns, well known for her effective 123 weight-loss plan, has created a special diet for you. She says, 'This exclusive portion-controlled plan is designed to help you lose seven pounds in just seven days without restricting any food groups.' To help stop yo-yo dieting Terri-Ann points out that by understanding the importance of portion control and making healthier food choices, you'll not only achieve your weight-loss goals but also develop habits that will help you maintain your desired weight for the long term.



HOW IT WORKS

- Have three healthy meals and two snacks a day. Keep your snacks to around 100 calories each. On this plan you'll be having around 1500 calories a day. This plan not only promotes weight loss, with up to seven pounds in seven days, but also fosters a healthier relationship with food, making it easier to maintain your progress after the week is over (you could lose a healthy one to two pounds a week if you continue.)
- Some meals are repeated, as having meals made in advance is a simple way to save time and money.
- Drink two litres of water daily. You can drink tea and coffee but no more than three per day using semi-skimmed milk, or unlimited if you drink it black. No sugar, but you can have sweeteners. No fruit juices, but you can have 330ml diet soft drinks per day. For best weight-loss results avoid alcohol, at least in the first week, and then you can have it in moderation.
- Stay as active as possible to help boost your weight loss and tone you up – little things add up, such as working out during TV ad breaks!

THE SEVEN-DAY PLAN

All meals serve one, unless otherwise specified.

Day 1

Breakfast

Yogurt parfait

Layer 1 cup of Greek yogurt with 50g mixed berries and 1 tbsp of honey.

Lunch

Chicken bowls

Serves 2

Season 200g chicken breast well with salt, pepper, 1tsp Chinese five spice and 10g cornflour. Spray with a little olive oil before air frying on 180°C for 10 min, then on 200°C for a further 3 min, Shake throughout. (If you don't have an air fryer then fry the chicken in a pan, with oil spray, until cooked.) In a saucepan, fry 1 large onion and one pepper, cut into chunks, half a red chilli, diced, and 1 spring onion, diced. Season well with salt and pepper and another ½ tsp Chinese five spice. Add in 1 tbsp soy sauce, before adding the chicken, mix well. In a separate saucepan heat up 50g curry sauce mixed with 150ml water. Microwave 250g microwavable egg fried rice, according to pack instruction. Serve the chicken over the rice, add 35g crushed prawn crackers, and drizzle over the curry sauce. Top with half a red chilli, diced, if you want the extra heat. Save a serving for day 2.

Dinner

Honey sausage tray bake

Serves 2

Preheat the oven to 180°C/gas 4. In a large baking dish, add 1 large red onion, sliced; 200g carrots and 200g sweet potato, both cut into chunks. Season with salt, pepper, 1 tbsp Italian herb seasoning, 1 chopped garlic clove, 1 tsp smoked paprika and mix well to combine. Spray with olive oil. Add 4 reduced-fat pork sausages on top, and drizzle over 15g runny honey. Bake, covered, in the centre of the oven for 30 min. Remove from the oven, give everything a good stir, drizzle over another 15g honey and pop back in the oven for another 20 min uncovered. Serve with fresh parsley scattered on top.

Day 2

Breakfast

Avocado and egg on toast

A slice of wholemeal toast topped with a quarter of an avocado, mashed, and a poached egg.

Lunch

Leftover chicken bowl

Dinner

Tex Mex meatballs

Serves 4

Preheat the oven to 220°C/gas 7. Mix 500g turkey mince, 1 x 400g tin kidney beans, rinsed and crushed, 1x 260g tin sweetcorn, drained, 1 egg, 1 tsp garlic granules, 1 tsp onion granules, ½ tsp coriander, ½ tsp paprika, ½ tsp chilli powder and a pinch of salt and pepper, together in a bowl. Shape into 20 meatballs. Line a baking tray with foil and spray with low-calorie cooking spray. Lay out the meatballs so they're not touching and cook in the middle of the oven for 25 min. Meanwhile, add 1 onion, thinly sliced, and 1 pepper, deseeded and thinly sliced, to a pan. Spray with oil and cook for 10 min. Add 2 x 400g tins chopped tomatoes, 1 tsp Worcestershire sauce, 1 chicken stock cube, crumbled, 1 tsp garlic granules, 1 tsp paprika, pinch of chilli powder, pinch of salt and pepper. Reduce the heat to low and simmer for 15 min until the meatballs are ready. Meanwhile, cook 200g basmati rice according to pack instructions. Add the meatballs to the sauce and serve with the rice, sprinkled with coriander leaves.

Day 3

Breakfast

Protein smoothie

Blend 1 scoop of protein powder, 1 banana, 235ml almond milk and a handful of spinach.

Lunch

BBQ beef and Parmesan sandwich

Serves 2

Fry 1 onion, sliced, and 1 tbsp Worcestershire sauce in water until browned. Rub 200g steak in salt and pepper and set to one side. Add 150ml beef stock to a saucepan along with ½ tsp smoked paprika, ½ tsp garlic powder, ½ tsp onion powder, ½ tsp thyme, ½ tsp rosemary. Simmer for 2 min, then stir through 30g low-fat garlic and herb cream cheese. Turn up the heat for 5 min. Add 20g Parmesan and leave on a medium heat, stirring occasionally. Bake 2 bake-in-the-oven rolls. Cook the steak in a hot pan, for around 1 and a half min on each side. Leave to rest before cutting. Spread 8g low-fat garlic and herb cream cheese on each roll, then top with the steak, onions, creamy sauce and a handful of rocket. Serve with a side salad.

Continued over the page...

Dinner

Pork stir fry

Serves 2

Boil a kettle, put 200g Tenderstem broccoli in a large bowl and pour over the boiling water. Leave for 10 min, then drain and refresh under cold running water. Cut 125g lean pork into strips, season and roll in 2 tsp sesame seeds. Heat 1 tsp sesame oil in a wok then add in 1 red chilli, deseeded and finely chopped; 1 tbsp fresh root ginger, grated, 2 garlic cloves, grated, and 1 onion, sliced. Stir fry for 1 min, then add the pork and cook for 3 min. Add the broccoli, 60g frozen edamame beans and 1 tbsp soy sauce to the wok and cook for 2 min. Heat 250g pouch brown basmati rice & quinoa, according to the pack instructions. Divide between 2 bowls and top with the stir-fry.

Day 4

Breakfast

Cottage cheese with pineapple

Mix 1 cup of low-fat cottage cheese with 100g tinned pineapple chunks.

Lunch

BBQ chicken ranch pasta salad

Serves 2

Put the oven on to 180°C/gas 4. Season 400g chicken breast all over with 1 tsp BBQ seasoning. Bake in the oven for 20 min. While the chicken is cooking, boil 50g pasta in a large pan of salted water according to pack directions. When cooked, drain and rinse with cold water. When the chicken is cooked brush over with 10g BBQ sauce. Cut into cubes, leave to cool. In a large bowl add the chicken and pasta along with 80g shredded lettuce, half a red onion, diced, 3 salad tomatoes, chopped, 20g grated low-fat cheese, and 1 tsp bacon bits. Mix 15g ranch dressing and 100g low-fat Greek yogurt and drizzle on top.

By Julia Smurthwaite. **Pictures** Shutterstock. Getty

Dinner

Rustic lamb hot pot

Serves 4

In a slow cooker, add 1 kg diced lamb, 8 carrots, cut into chunks, 4 celery sticks, cut into chunks, and beef stock made with 400ml water. Cook on high for 5 hours or low for 8. If you don't have a slow cooker then simmer on a hob for 6 hours on low. Pre-heat oven to 200°C/gas 6. Slice 1 kg potatoes and boil in a pan for 15 min. Stir some gravy granules into the slow cooker (after the 5 or 8 hours) to thicken the stock. Transfer to an oven-proof dish and top with the sliced potato. Bake in oven until the potatoes are crispy. Serve with a side of broccoli.

Day 5

Breakfast

Overnight oats with chia seeds

Mix 45g oats, 235ml almond milk, 1 tbsp of chia seeds, and a handful of berries. Refrigerate overnight.

Lunch

Leftover chicken salad

Dinner

Cheesy broccoli soup

Serves 4

Set a large pan on a medium heat. Add 2 tbsp olive oil and sauté 1 large chopped onion for 2 min then add in 2 crushed garlic cloves. Add 2 celery sticks, chopped, 1 head of broccoli, chopped, 1 tsp chilli flakes, 1 tsp dried thyme, 1L vegetable stock, 200g cream cheese and salt and pepper to taste. Cook for 15 min. Add in 200g grated cheddar and mix until melted. Save servings for lunch on day 6.

Day 6

Breakfast

Scrambled eggs with spinach and feta

Scramble 2 eggs with a handful of spinach and 30g feta cheese.

Lunch

Leftover cheesy broccoli soup

Dinner

Leftover lamb hot pot

Day 7

Breakfast

Weetabix

1 Weetabix protein served with 100ml semi-skimmed milk and sprinkled with cinnamon.

Lunch

Pizza parcels

Season 180g chicken or turkey breast with 1 tsp garlic granules, 1 tsp oregano, and a pinch of salt and pepper. Fry 20g pepperoni, sliced, in a pan for a couple of min then add the chicken, 1 red onion, diced, and 1 green chilli, deseeded and sliced. Cook until the chicken is done, then shred it using two forks. Mix 100g pizza sauce with the chicken. Lightly warm 2 low-carb tortilla wraps in the microwave for 15 secs, top with 60g grated low-fat cheese, the chicken and pepperoni mix and some fresh basil. Fold the inside of the wraps in, then the remaining folds to make a square. Pan fry on each side for a few min until golden.

Dinner

Sausage mash pie with vegetables

Serves 2

Put the oven on to 190°C/gas 5. Peel 450g potatoes, cut into cubes and boil in salted water until tender. Fry 5 reduced-fat sausages for 10 min until browned, then add 2 red onions, sliced, and cook until soft. Remove the sausages from the pan and cut into small pieces. Add in 1 tsp mixed herbs, 1 tsp garlic purée, 1 tbsp red wine vinegar and 20g beef gravy mixed into 300ml water. Simmer. Mash the potatoes with ¼ tsp mustard and gradually fold in 90g low-fat Greek yogurt. Season to taste. Put the sausage mixture into a baking dish, top with the mash and 40g reduced-fat cheese. Bake for 20 min. Serve with a sprinkle of parsley.

Snacks

Around 100 calories each, enjoy 2 a day

- 1 large banana
- 35g raisins
- 1 large, boiled egg
- 100g cottage cheese
- 20g dark chocolate
- 20g crisps
- 2 breadsticks and a tbsp houmous
- 5 jelly babies
- 1 crispbread and 25g mozzarella
- 2 thin ginger biscuits

Terri-Ann's
123 PLAN

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Terri-Ann has a choice of weight-loss plans to choose from with tasty meals and healthy snacks with all your allowances worked out for you. *Bella* readers can get 30% off any of the Terri-Ann Diet plans. Visit terriann123dietplan.co.uk and use the code Bella30. Offer runs until 28 February 2025.

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

CELEB FRIDGE

TV & radio star Denise Van Outen, 50, on her eating habits…

How much do you spend?
Around £100. We're not excessive, and I don't like food waste. My grandma used to say, 'If there isn't any mould on it – it's fine!' It's just me and Betsy [aged 14] so I don't do a massive shop. I like to go in store so I can feel my veg!

Describe your daily diet…
I'm never hungry first thing, so mid-morning I'll have yogurt with granola, kiwis and berries. I do a bit of intermittent fasting – if I eat anything too heavy early, I get a slump by the afternoon. On the weekends, I'll have scrambled eggs, smoked salmon and avocado, with a drizzle of Ted's Tingly sauce. As a snack, I'll have a couple of Sungold kiwis, they're delicious and you can bite straight into them as they're not furry! For dinner I'll do fish or chicken with salad – Betsy loves preparing the salad and getting involved. On a cold day it would be the same but with warm veg and, in winter, I make a massive shepherd's pie.

Is there anything you refuse to eat?
I'm not a fan of dill.

Strangest thing you've eaten?
I went to the Seychelles and I had fruit bat soup. I didn't know what it was till I was halfway through it! It was actually nice though.

INSIDE DENISE'S FRIDGE

- Eggs
- Chutney
- Blueberries
- Raspberries
- Milka chocolate
- Ted's sauce
- Cheese
- Lime
- Fresh mint
- Smoked salmon
- Mozzarella
- Kiwis
- Jacket potato
- Tomato sauce
- Mangetout
- Olives
- Gherkins
- Avocado
- Red onion
- Broccoli
- Carrots
- Cauliflower
- Lemon
- Banana
- Sweet potato
- Water
- Oat milk

What would you cook to impress?
I make a really good chilli.

Sweet treat?
I love a lemon or mango sorbet.

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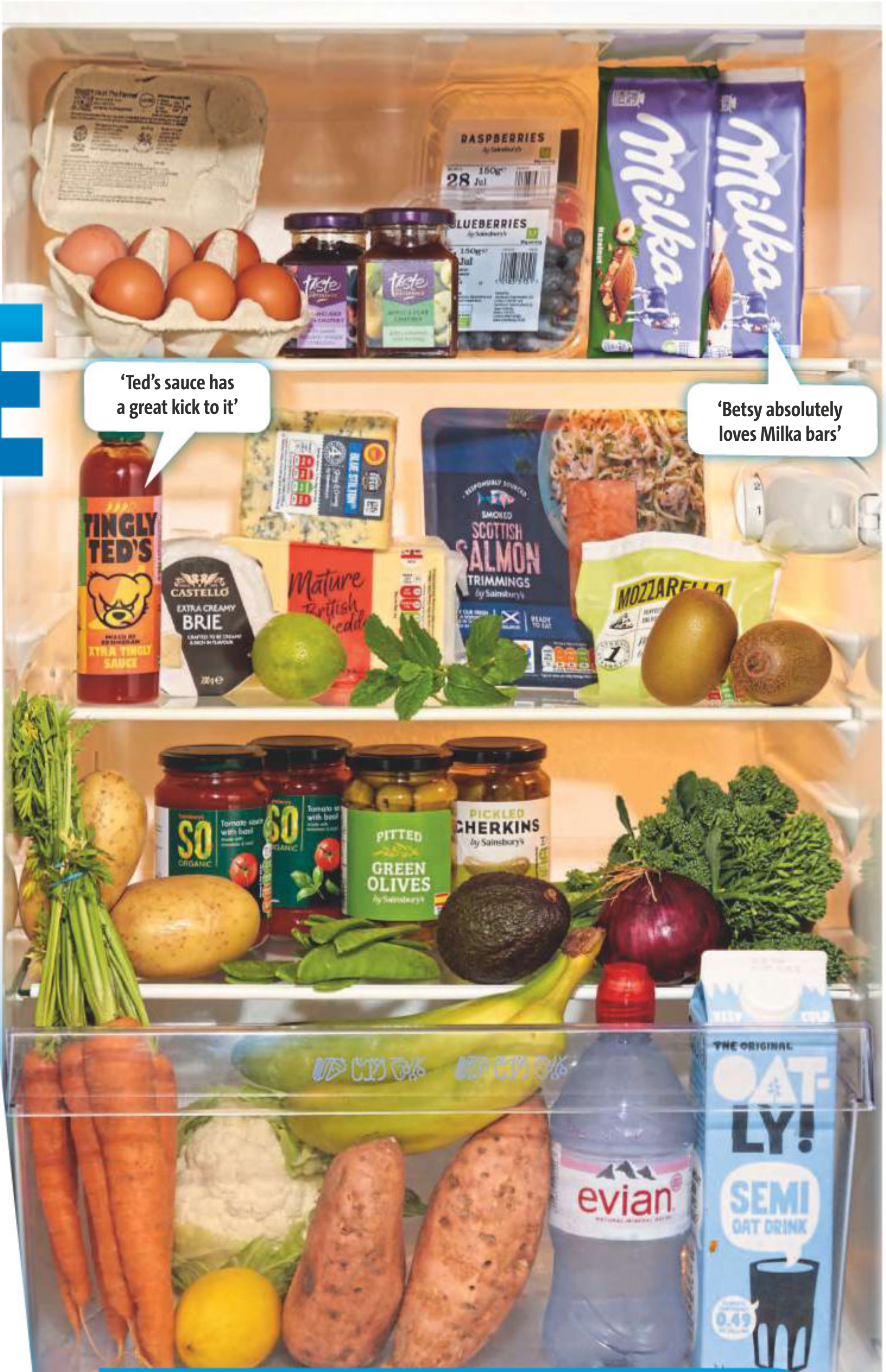
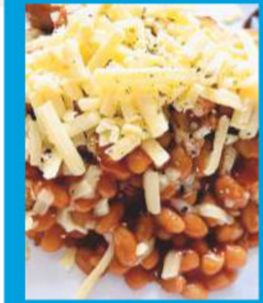

'Ted's sauce has a great kick to it'
'Betsy absolutely loves Milka bars'

COMFORT FOOD



BEANS ON TOAST
With lots of cheese, butter and a good old-fashioned cup of English tea.

TAKEAWAY ORDER

INDIAN
I like to phone and ask them to recommend. Recently I had a delicious lamb dish.

HANGOVER CURE

BACON SARNIE
It's got to have thick toasted bread with lots of butter, ketchup and crispy bacon.

By Lucy Brown. **Pictures** Weronika Goles, Shutterstock

Fab fakeaways

Cook these Chinese favourites at home, with easy-to-follow steps and supermarket-friendly swaps

Crispy cheesy crab wonton

Serves 2-4 Takes 20min

- **24 wonton skins**
- **Vegetable oil**
- **Dipping sauce of your choice**

FOR THE FILLING

- **300g crab sticks, finely chopped**
- **75g onion, finely diced**
- **75g carrot, peeled and finely diced**
- **75g spring onions, finely diced**
- **Pinch of salt**
- **180–200g soft cheese**

1 *Place all the filling ingredients in a large bowl and mix very well.*

2 *Separate the wonton skins, then take one skin and place roughly half a tablespoon of filling in the middle. Pinch in the four sides so they meet in the middle, creating a star-like shape. Repeat with the remaining wonton skins and filling.*

3 *In a wok or deep saucepan, heat 7.5–10cm of oil to around 180°C, then add the wontons in batches and fry until golden brown and cooked all the way through. This will take around 4min per batch. Remove the cooked wontons and allow to drain and cool slightly before serving. Serve with your favourite dipping sauce and enjoy.*

Sichuan-style garlic butter prawns with sautéed onions & peppers

Serves 2-4 Takes 20min

- 40g butter
- 1tbsp olive oil
- 1 large onion, finely diced
- 7 garlic cloves, finely chopped
- 12–16 raw tiger prawns
- 1/2 green pepper, finely diced
- 1/2 red pepper, finely diced
- 1 red chilli, finely diced
- 2tsp chicken powder/stock
- Pinch of white pepper
- Pinch of salt (optional)
- 2tsp cornflour, mixed with 4tsp water

1 *In a wok over a medium-low heat, add the butter and oil and gently sauté the onion and garlic for 8–10min. Once the garlic and onion are translucent, buttery and super soft, increase the heat to medium-high, then add the prawns and cook for 2–3min. Once the prawns are a pink colour, add the peppers and chilli and give everything a good mix.*
2 *Sprinkle in the chicken powder and white pepper and pour in 240ml of water. Bring the sauce to a gentle boil, check the seasoning and add the salt, if required. Give the cornflour mixture a stir to loosen and slowly pour into the sauce, stirring at the same time. Turn off the heat and serve the delicious garlicky tiger prawns over steamed rice with a side of fresh Chinese greens.*

CHINESE
MADE EASY

These recipes are taken from ***Chinese Made Easy* by Kwoklyn Wan** (Quadrille, £22)

Banana fritters

Serves 4 Takes 25min

- Groundnut oil for deep-frying
- 260g self-raising flour
- 1/2tsp bicarbonate of soda
- 4 bananas, peeled and halved
- 130g plain flour

TO SERVE

- 6tbsp golden syrup
- 4 scoops vanilla ice cream

1 *Heat enough oil in a wok or deep-sided saucepan so you can deep-fry the bananas, to 170°C.*
2 *Sift the self-raising flour into a large bowl, add the bicarbonate of soda and 360ml water and mix to form a smooth batter. Lightly dust the bananas in plain flour, then dip into the batter to coat and carefully drop into the oil. Deep-fry for around 6-8min, until golden brown.*
3 *Transfer to a wire rack or a plate lined with kitchen paper to drain. Divide between four plates, drizzle over the golden syrup and add a scoop of ice cream to serve.*

Edited by: Angela Romeo. **Recipes:** Kwoklyn Wan. **Pictures:** Sam Folan

Cancer myths BUSTED!

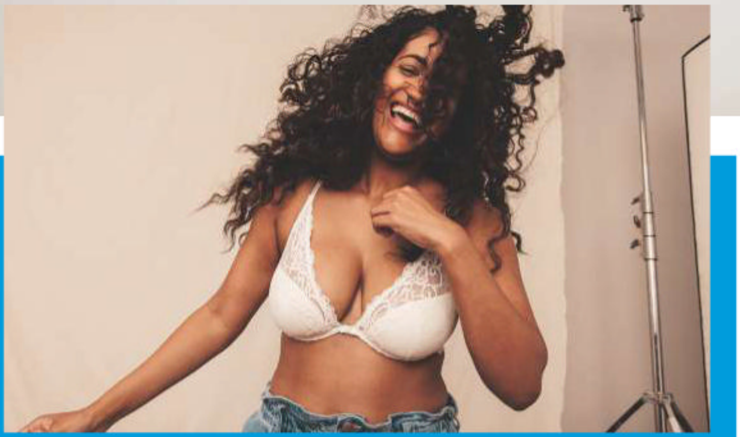
Our expert separates fact from fiction to bring you the best advice

It's World Cancer Day on Tuesday 4 February, but how much do we really know about the disease? As celebrities and influencers peddle their wisdom and the lines between truth and myth become blurred, it's increasingly difficult to know what's fact and what's fake.

Dr Liz O'Riordan, author of new book *The Cancer Roadmap*, is both expert and patient. She is a double doctor; a breast surgeon with a PhD in molecular oncology, and then received her first breast cancer diagnosis aged 40. She says, 'When it comes to cancer, there's a lot of information out there and, unfortunately, not all of it is accurate. Misinformation can add fear, confusion, and even guilt to an already overwhelming diagnosis.

'Whether it's about what causes cancer, what treats it, or how to prevent it, these myths can cause serious harm. Women in Australia are reportedly turning down chemotherapy after the supermodel Elle Macpherson shared her holistic healing journey. What they don't realise is that choosing alternative cancer cures over mainstream breast cancer treatment means they are six times more likely to die.

'I'm going to go through some of the commonest cancer myths I've encountered, as both a breast cancer surgeon and a patient, and set the record straight.'



'Underwired bras cause cancer'

'This myth does the rounds every couple of years. The theory is that an underwired bra compresses your breast tissue. This blocks lymph drainage so toxins build up, leading to breast cancer. It sounds convincing but it couldn't be further from the truth. An underwire doesn't stop lymph drainage and breast cancer is not caused by toxins.

'Underwired bras are safe, and many women need the support that they offer. An average 36C breast weighs 500g. Your breasts are heavy, and the underwire will help your bra support your chest. The real issue is that most women wear the wrong size bra, and that's why it's uncomfortable. We get measured in our teens and that's us for life. If it's been a while since you've been measured, and you want to rip your bra off at the end of the day, it's probably time for you to get measured again.'

'A positive mindset can be a cure'

'You've probably heard this one before, "Stay positive, and you'll beat cancer". While a positive mindset can help you cope with treatment and improve quality of life, it's not a cure. There is no evidence to show that negative thoughts cause cancer, or that being happy can cure it.

'Staying positive can make it easier to get through your darkest days and give you motivation to keep going. But there's a fine line where positivity can turn into pressure. Cancer treatment is physically and emotionally gruelling. If you're not feeling upbeat, it's OK. Feeling low is a normal reaction to the rollercoaster of a cancer diagnosis. It doesn't mean that you won't be cured.'

By Jo Chapman. **Pictures:** Adobe Stock, Shutterstock, Jenny Smith

‘Sugar feeds the disease’

‘The theory is that cancer cells need sugar, so cutting sugar from your diet will starve the cancer. It’s based on research that was wrongly interpreted. While cancer cells do use more sugar than normal cells to get their energy, they can also use protein and fat as well. If you cut sugar out of your diet, you starve your entire body – brain, heart, bones and all – while your cancer cells keep growing.

‘What a lot of people don’t realise is that every fruit, vegetable, nut and seed is broken down into sugar. So, if you really cut sugar out of your diet, you could become seriously ill. There is no cancer diet that can cure you. Just try to make sure that half your plate is full of fruit and veg at every meal, with a good source of protein. Try to limit the amount of food you eat that comes from a packet. It really is that simple.’

‘Cancer is always hereditary’

‘Many people believe that if you don’t have a family history of cancer, you’re not at risk. While it’s true that some cancers, like breast and ovarian, can run in families due to specific genetic mutations, they only account for 5-10% of all cancers. The majority are caused by a combination of genetic, lifestyle and environmental factors that affect us in different ways. And while the biggest risk factor is getting old, more young people are being diagnosed. That’s why a healthy lifestyle is important. If every adult stopped smoking, cut back on alcohol, used sunscreen, ate a plant-based diet and exercised regularly, we would prevent four in every 10 cancers. Make sure you go for your cervical smears and mammograms. And if you do have a family history, discuss genetic testing with a healthcare provider to understand your specific risks.’

‘Alternative treatments are safer’

‘It’s easy to see why people seek alternatives when faced with the harsh side effects of chemotherapy and radiotherapy. Alternative medical practitioners offer us hope and the promise of a cure when our mainstream doctors can’t. Celebrities and social media give the impression that sound baths and vitamin drips are safer and better for us – the reality is that these treatments cannot cure cancer. If they did, your doctor would recommend them, for free, on the NHS.

‘Cancer is sneaky. We need tough treatments to tackle it. Chemo and radiotherapy aren’t fun. I know, I’ve had them. But they’re backed by decades of research and have been proven to improve your chance of a cure. Don’t get your medical information from the internet.’

Knowledge is power

Dr Liz says, ‘Navigating cancer can be confusing and emotionally challenging, especially with so much misinformation floating around. My hope is that understanding the facts behind these myths can help you make more informed decisions, feel less guilty and focus on what’s most important for your health.

‘If you or someone you know has been diagnosed with cancer, remember that your medical team is there to answer questions and guide you through evidence-based options. When it comes to cancer, knowledge really is power, and staying informed is one of the best ways to take control of your journey.’

● *The Cancer Roadmap: Real science to guide your treatment path by Dr Liz O’Riordan is available now (HarperCollins, £16.99)*

Dr Liz O'Riordan
The Cancer Roadmap
Real science to guide your treatment path

home trends

Check Mate

Jazz up your home with bold checkerboard prints

Mirror, Oliver Bonas, £98

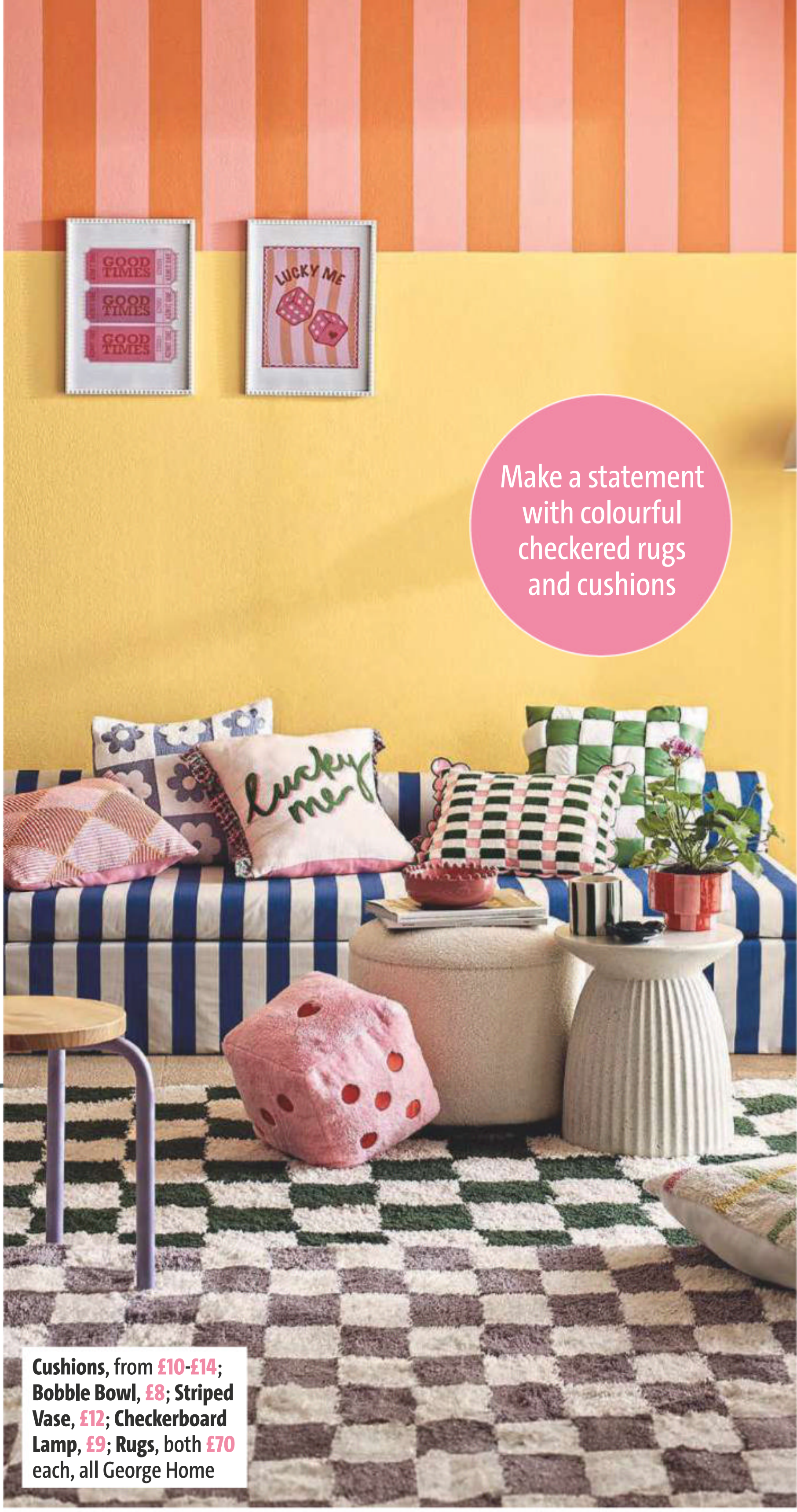
Lamp, M&S, £49.50

Butter Dish, Homesense, £12.99

Wallpaper, Dunelm, £12 a roll

Give plain walls a makeover with this geometric wallpaper

By Emma White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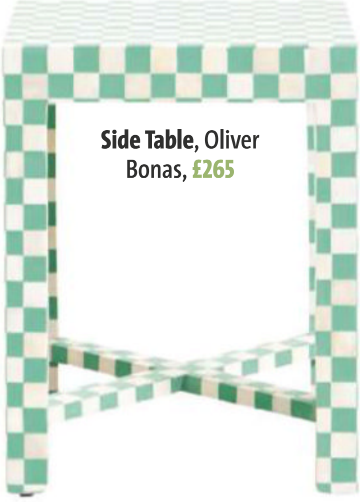

Side Table, Oliver Bonas, £265

Frame, casabyjj.com, £24

CASA
BY JOSEPHINE JENNO

Tea Towels, Dunelm, £6 for 2

Bedding Set, Habitat, from £14

Oven Mitt, Dunelm, £5

Coaster, David Perry Glass Ceramics at glassette.com, £15

Vase, TK Maxx, £19.99

Rug, John Lewis, £55

Placemats, tartanblanketco.com, £30 for 2

THE DARKEST CRIMES AND EVIL MINDS

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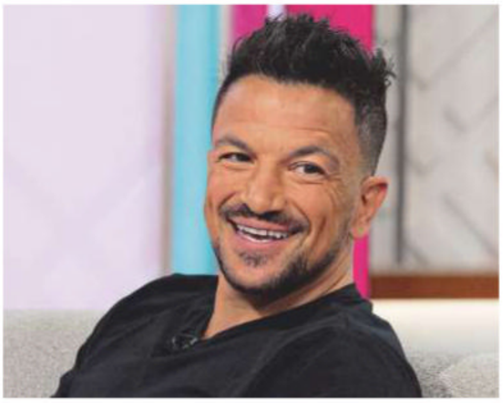
Star letter

Mind over matter

I was inspired by your article on Rachel Cadwallader, who following years of overeating, has changed her mindset to lose 4 stone (issue 2). She feels healthier and more confident in her 50s than she has in years. Well done Rachel! It just goes to show what you can achieve if you put your mind to it.
E Bulman, Bishop's Stortford



A fine wine!

Your interview with Peter Andre (issue 2) was fabulous. Not only a family man, he's a born entertainer who has grown so much in the past two decades. I can't wait to see him on tour in *The Best of Frankie Valli* – he's going to be incredible!
Sylvia Foster, Driffield

Talking point

Move over pocket money, some parents are setting up a wage for their children in return for doing jobs around the house. So, we ask, should you pay your kids a salary?

I can barely afford my own bills at the moment with the cost of living, let alone pay my two children a wage!
Lydia Spark, via Facebook

What a stupid idea. Pocket money was fine in my day.
Laura Starling, via Facebook

I can see the merit, but you really would have to have enough money to follow through and, these days, that's a rarity.
Del Newton, via Facebook

My husband and I pay our children £5 a week and they do some basic chores around the house. Is that a wage? Sounds just like traditional pocket money to me!
Abi Farwell, via Facebook

By Stephen Leng. **Pictures** Shutterstock

THIS WEEK Bella LOVES... Happy Pear Granola

If you want to shake up your porridge or boiled eggs for breakfast, put The Happy Pear Granola on your shopping list. We've tried two flavours, and mixed with some fat-free Greek yogurt and fresh fruit, they really do make a delicious, healthy breakfast, which is now part of our regular rotation. Find out more at thehappypear.ie (and click the tab for UK delivery).

The Happy Pear
Granola

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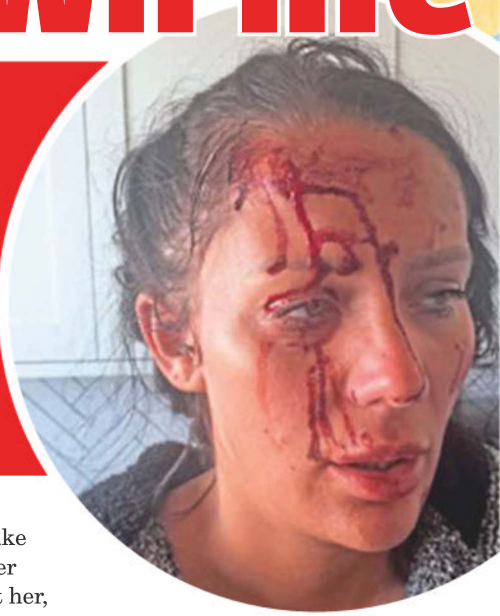
The MONSTER who abused Kiena before she took her own life

It is estimated that three women die each week from suicide due to experiencing domestic abuse. But that figure is thought to be the 'tip of the iceberg', with estimates suggesting it could be as many as 10. *Bella* looks at the tragic case of Kiena Dawes, who took her own life aged just 23 following years of trauma



Kiena Dawes was a 'bright and popular' young hairdresser from Fleetwood, Lancashire. Described by family and friends as 'happy-go-lucky', she had her whole life ahead of her. Then, in January 2020, Kiena started a relationship with Ryan Wellings. From the moment they met, he 'love-bombed' Kiena, a manipulative tactic that involves excessive displays of affection and attention to influence someone. Within just two weeks, he had Kiena's name and face tattooed on his body, and he proposed within three months.

But what Kiena first thought was a fairy-tale romance soon turned into a nightmare with Ryan, who had a vicious temper and regularly indulged in cocaine and alcohol binges. His abuse of Kiena included frequent slapping, pulling her by her hair, demanding money and attempting to strangle her with an iPhone charger cable. Kiena's friends and her mum, Angela Dawes, all warned Kiena to leave him as he was 'toxic', however a pattern of breaking up and then getting back together began.

After Kiena became pregnant with his baby, Ryan gave her a black eye and began criticising her weight, calling her a 'fat little bitch' while contacting escorts and prostitutes online. In October 2021, Kiena's baby was born, and although Ryan's behaviour initially improved, he soon became verbally and physically abusive again. In December 2021, he threatened to use a drill to take out Kiena's teeth and, on other occasions, he threw a chair at her, gave her a black eye, and smashed up a memorial area for her late dad. Kiena phoned police multiple times, but through fear and threats, she often downplayed the abuse and refused to pursue a complaint.

Ryan Wellings

On 11 July 2022, Ryan threw Kiena into a radiator so forcefully that the appliance broke away from the wall. He then slammed a door in her face, knocking her unconscious and leaving her in need of hospital treatment. This time, Kiena made a statement to police, and he was arrested on suspicion of assault and bailed on the condition that he not contact Kiena, either directly or indirectly.

Six days later, she received a missed call from the number of Ryan's ex-girlfriend. When she rang back, Ryan was on the other end, threatening her. Kiena reported this to police, but an officer concluded there had been no breach of bail. Kiena was also told by police to take down a Facebook post that did not name Ryan but detailed the domestic violence she had suffered. This left Kiena feeling unsupported, and she was upset that he had not been jailed.

'Kiena didn't feel supported'

Four days later, on 22 July 2022, Kiena, 23, drove to her friend's house, let herself in, and placed her nine-month-old daughter in the living room, safely strapped into a car seat. While her friend was in the shower, oblivious to their presence, Kiena left her mobile phone next to her baby and drove away. She took her own life shortly after. When Kiena's friend found the phone, there was a message – it was a suicide note, in which Kiena spoke of being strong and having

Kiena with her baby

The injuries she suffered

dreams, of fighting hard but losing after enduring unimaginable pain. She squarely blamed one man for her death, writing, 'I was murdered, slowly. Ryan Wellings killed me. He ruined every bit of strength I had left. I didn't deserve it.'

Kiena also expressed her devastation of leaving her baby. She said, 'Worst of all I had to leave my daughter behind. Please can the world protect her. Make sure she is safe, she is loved, she is heard, and she doesn't ever experience any of the pain I have. I'm so sorry I had to go. I tried my hardest to stay with you.'

Following a police investigation, Ryan Wellings was charged with manslaughter. Less than an hour later, he posted a video on Facebook of himself sitting in a car, swigging a bottle of prosecco as music blared out. 'I'm driving around with a bottle of prosecco,' he said in the footage. 'I was told off an hour ago on a manslaughter charge. It's all f**king s**t.'

Ryan Wellings, 30, became the first person to be tried before a jury accused of the unlawful killing of his partner after her suicide following alleged domestic violence. Only one other defendant has been convicted in such circumstances before – Nicholas Allen, who admitted in 2017 to the manslaughter of his partner, Justene Reece. During Wellings' trial at Preston Crown Court, which began in November last year, jurors heard how he had subjected Kiena to a campaign of domestic violence and abuse over a two-and-a-half-year period. The suicide note left on Kiena's phone was also read out in court in which Kiena blamed Wellings for her death from beyond the grave. Prosecutor Paul Greaney KC described Wellings as an aggressive, entitled bully. Mr Greaney told the jurors, 'Because of what he had done, because of his crimes, she saw no way out, and it was reasonably foreseeable that this would be the outcome of his behaviour.'

'Justice has not been done'

The court heard that Kiena had a history of mental health difficulties including depression, anxiety and emotionally unstable personality disorder. These struggles predated her relationship with Wellings but he 'exploited her vulnerability' and 'made them worse', the prosecution said. Throughout the trial, Wellings denied the charges, claiming that Kiena's accusations were either untrue or exaggerated. Wellings insisted any injuries she suffered were the result of his attempts to restrain her or accidental. 'I'm not a monster. Never have been,' he told jurors, wiping tears from his eyes. Wellings' lawyers pointed to Kiena's history of mental illness, arguing she was a 'very troubled young lady' who ended her life because of 'multiple factors'.

After a six-week trial, the jury found Wellings guilty of assault and coercive and controlling behaviour, however he was cleared of manslaughter. Wellings showed no reaction as the verdicts were read out while Kiena's sister burst into tears. As Wellings was taken to the cells, he blew a kiss to his current girlfriend in the public gallery. Outside court, Kiena's mum, Angela, condemned Wellings as a 'monster'. She said, 'Today was for you, Kiena. I am sorry that your voice has not been fully heard and that justice has not been done in the way we all hoped.'

At his sentencing, Judge Robert Altham jailed Wellings for six and a half years for coercive and controlling behaviour and assault. Across the country, survivors of domestic abuse and families of women who took their own lives following domestic abuse slammed the verdict. Now campaigners are calling for changes in the law to increase the maximum sentence for coercive and controlling behaviour and to make it easier to bring manslaughter charges.

Following the trial, The Crown Prosecution service said that it was actively looking at a number of cases with a view to bring prosecutions of a similar kind. And there will be questions for police too. Following an investigation by The Independent Office for Police Conduct, three Lancashire police officers face disciplinary hearings for misconduct relating to action or inaction connected with Kiena's case. From beyond the grave, Kiena Dawes blamed Ryan Wellings for her death, but while he will remain behind bars for many years to come, it won't be for her manslaughter.

In an emotional statement surrounded by family, Angela described her daughter as a 'rare gem' who is 'missed so very much'. She said, 'Her baby girl was brought to my home a few hours after Kiena was found and has been in my full-time care ever since that tragic day. I truly hope that no other young lady or child has to go through what he did to my daughter and her baby. I just wish with all my heart that I could bring her back and say, "It's OK, you're safe now".'

WHERE TO GET HELP

- Samaritans can be contacted on 116 123 or visit or samaritans.org/how-we-can-help/contact-samaritan
- Refuge run a free helpline on 0808 2000 247
- Men who are suffering abuse can get help at mensadviceline.org.uk or by calling 0808 801 0327

By Elaine Hayward **Pictures:** Shutterstock

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

I don't want her involved

Q My ex and I split up when our daughter was four and we've been co-parenting quite successfully for the past three years, until recently. He is now with a new woman and has moved in with her and her two children. We share our daughter 50/50 so now I have to put up with the fact that my daughter is going to someone else's home and will be made to feel like a 2nd class citizen because her children will matter more than my daughter. I know how it works because this happened to me when my dad remarried and he had a whole new family with his new wife, and it was as if I didn't even matter. My ex won't even have a conversation with me that doesn't include this woman. He's made a group chat that she's on and expects all communication to go through that. I refuse to use it. I keep telling him that our daughter is no business of this woman, but he says that as she's here 50% of the time, this woman is just as involved as we are now. How do I get him to understand my side?

A It is so tricky when you have to co-parent with someone you are no longer in a relationship with, so, first of all, well done for managing it so well up until now. Adding a 3rd person into the mix is what has tipped things over into something that feels more difficult. To you this woman is a stranger, who has suddenly taken on a parenting role in your child's life without you having a say in the matter. And that's really tough for you. You are absolutely allowed to have plenty of feelings about that. No feelings are wrong or too much. But it's what we do with those feelings that matter. When a feeling seems too much for us to bear, we often act it out. It affects our behaviour. By cutting her out, you are trying to exert some level of control over

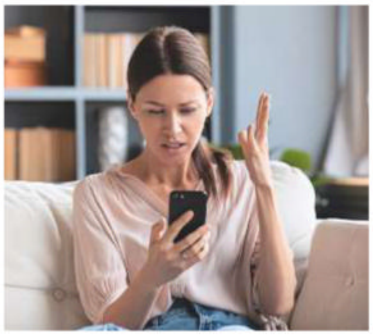
Why doesn't it feel right?

Q My partner is an artist, so his income is patchy at best. I have always been able to look after myself financially. As I like the finer things in life, I don't mind paying if we go to a decent restaurant, or for a fancy hotel, but I am starting to feel resentful that he never puts his hand in his pocket. He does take care of me in other ways – he cooks and tidies the garden for me, and I do feel loved. But my dad would turn in his grave if he knew what was going on as he always thought that a man should take care of a lady. And although I don't agree with him and have worked hard to make sure I'll never have to rely on a man, something doesn't feel quite right. Am I asking too much?

A Sometimes the messages our parents sent us during our early years have a lasting impact. Your dad had traditional views – a man's job was to provide for his wife. And even though you have shaped your life to one where you provide for yourself, it sounds like his views are still whispering in your ear. Your dad believed that love and care were shown through money. This may be how he showed you love, and perhaps it's also how you show your love to others. But love can be shown in many other ways. Only you know whether you can allow yourself to feel it when it comes in a different package to the one you're familiar with.

His family don't like me!

Q My boyfriend had his phone open and I saw some messages from his mum. We're visiting them next month, and his sister is going to be there with her kids. They are fairly religious, and my boyfriend and I aren't. His mum wrote, 'Please tell your girlfriend to dress appropriately and make sure you don't mention your living situation in front of the children.' Apparently, we aren't allowed to let the children know that we live together 'in sin'! My boyfriend totally backed me up, saying she was being ridiculous. But I feel so uncomfortable about seeing them now. I didn't realise they felt this way about me. But I don't want to upset my boyfriend. What should I do?



A The fact that he spoke up for you is the important thing here. I understand you feel hurt because they have targeted you in their comments and painted you as someone who has seduced their innocent boy. But this isn't what your boyfriend thinks. Don't back out of going

Letters and replies may be edited for length/clarity. **Photos:** Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

the situation because you have little or no control over his partner's involvement in your daughter's life. Whilst this is understandable, it isn't helpful, to you, to your ex, and certainly not to your daughter. I know you haven't chosen this, but this is what you've got. And the more willing you are to adjust to it, the better for everyone. Your gut feeling is to cut this woman out, ignore her and pretend she doesn't exist. What will help is if you do the exact opposite. Instead of keeping her at arm's length, get to know her. Don't leave yourself out in the cold. Become a part of this new chapter. I know this might not be easy, and certainly goes against your natural instincts. But I guarantee you, it will be better for everyone involved if you can find a way to make this transition as smooth as possible, rather than putting obstacles in everyone's way.

as you'll make his family your enemy which may cause problems between the two of you. Right now, you are on the same page. Keep it that way, and you'll get through anything that's thrown your way.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 28 January – 3 February**

PISCES
20 February – 20 March

An air of privacy is surrounding you. Early in the week you're far more comfortable when you're keeping your thoughts to yourself. Even so, you must guard against appearing too secretive, so try explaining your motives on the 2nd.

Theme of the week: Self-protection

☎ 0906 650 7241

ARIES
21 March – 20 April

Make plans for the future! Consider some of the things that you'd like to happen and how you could turn those dreams into reality. You're direct without being rude on the 1st, so it's a good day for voicing opinions that have been in the back of your mind until now.

Theme of the week: Peace and quiet

☎ 0906 650 7230

TAURUS
21 April – 21 May

It's a wonderful week for setting goals. If that seems too ambitious for now, you can simply remain open to the idea of becoming more motivated or inspired. On the 31st you bask in the warmth of generosity and friendship.

Theme of the week: Self-confidence

☎ 0906 650 7231

GEMINI
22 May – 21 June

Are you a typical Gemini who's full of curiosity about the world? Then this week's energies are perfect for you. Grab every opportunity to expand your education, investigate facts and increase your knowledge. Travel plans are appealing, too.

Theme of the week: Enthusiasm

☎ 0906 650 7232

CANCER
22 June – 23 July

How can you draw closer to you-know-who? Maybe you could become more open with them, or confide some of your deepest hopes or fears. In addition to improving an existing relationship, this could also be a great week for getting to know someone new. **Theme of the week: Caring and sharing**

☎ 0906 650 7233

LEO
24 July – 23 August

After last week's relationship difficulties, you're now in a much better position to sort out what happened and talk it through. You're keen to maintain a harmonious atmosphere, even if that means setting your own needs to one side. But for how long?

Theme of the week: Understanding

☎ 0906 650 7234

VIRGO
24 August – 23 September

You have a great eye for detail right now, and early in the week is brilliant for analysing or investigating something. The trick is in knowing when to stop, rather than becoming obsessive about things that don't merit so much mental focus. Let the ideas flow.

Theme of the week: Idealism

☎ 0906 650 7235

Olivia Colman – 51 on 30 January

AQUARIUS
21 January – 19 February

You're already going through a very powerful phase and, from the start of the week, you embark on yet another new chapter. Look on this as a chance to experiment with fresh ways of being your true self. You'll enjoy expressing a different facet of your personality.

Theme of the week: Being dynamic

☎ 0906 650 7240

LIBRA
24 September – 23 October

The people who occupy a special place in your heart are even more important than usual right now. Midweek is perfect for a joyful get-together. You have a very high opinion of a certain someone on the 1st, but try not to put them on an unrealistically high pedestal.

Theme of the week: Discretion

☎ 0906 650 7236

SCORPIO
24 October – 22 November

Memories! They're never far from your thoughts this week, with a tendency to colour much of what you say and do. Early in the week you're tempted to journey back to an unhappy experience, but will that rekindle old resentments?

Theme of the week: Forgiveness

☎ 0906 650 7237

SAGITTARIUS
23 November – 21 December

Saying what you think has a liberating effect on you right now. Midweek is perfect for using some gentle humour to get your point across. You're highly sensitive on the 1st, with an ability to tune into the emotions and needs of those you love.

Theme of the week: Being busy

☎ 0906 650 7238

CAPRICORN
22 December – 20 January

Physical and material topics are emphasised this week, yet you're aware that there's so much more to life than your assets and possessions. Chatting about your interests gives an opportunity to find enjoyable ways of broadening your connection with someone.

Theme of the week: First things first

☎ 0906 650 7239

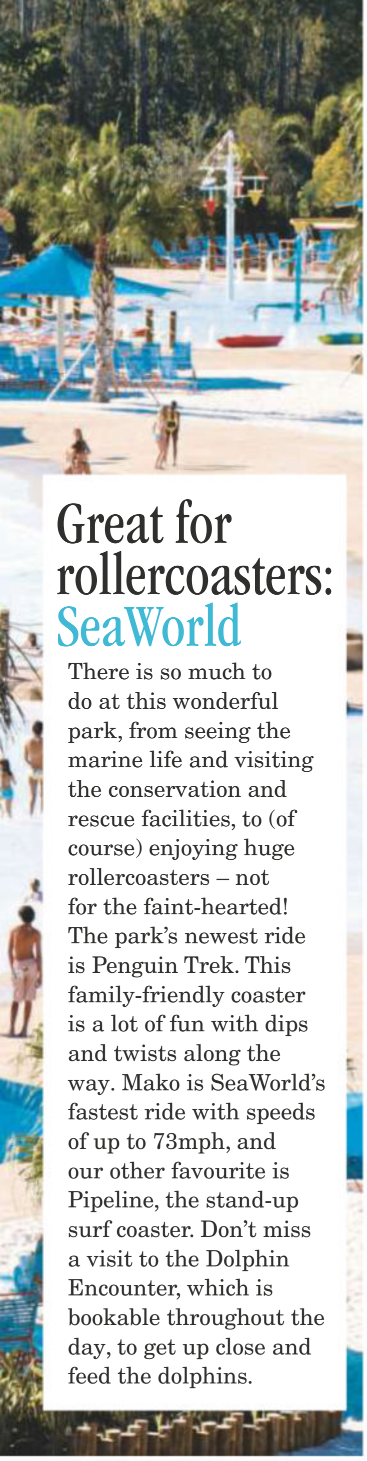
For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

Let's go Orlando!

There's never been a better time to visit the Sunshine State and the SeaWorld Parks have something for everyone

Great for marine life: Discovery Cove

This tropical paradise is a relaxing oasis in the middle of Orlando. Say hello to the beautiful tropical fish and friendly stingrays as you snorkel in the magical underwater world of The Grand Reef. The Sea Venture underwater walking tour involves wearing a helmet and venturing down an 11ft ladder to the seabed. Air is pumped into your helmet while the fish and rays swim around you. The highlight of the day is sure to be meeting the adorable dolphins and hanging out with them in the lagoon, creating memories to last a lifetime. Drinks, food and use of wetsuits and snorkels are included in the price.



Great for rollercoasters: SeaWorld

There is so much to do at this wonderful park, from seeing the marine life and visiting the conservation and rescue facilities, to (of course) enjoying huge rollercoasters – not for the faint-hearted! The park's newest ride is Penguin Trek. This family-friendly coaster is a lot of fun with dips and twists along the way. Mako is SeaWorld's fastest ride with speeds of up to 73mph, and our other favourite is Pipeline, the stand-up surf coaster. Don't miss a visit to the Dolphin Encounter, which is bookable throughout the day, to get up close and feed the dolphins.

Great for family fun: Aquatica

Ready to make a splash? Aquatica is a fantastic water park. Tassie's Underwater Twist is the brand-new immersive fast ride, which sends you down a tunnel on an inflatable raft, ending up in an underwater grotto before it shoots you out backwards. Riptide Races is a great choice if you're feeling competitive – it's the tallest duelling racer water slide on offer. The lazy river is lots of fun, but be warned you will need to wear a life vest. Not everything here is extreme though – there are plenty of play areas for the little ones and relaxing sandy beaches to enjoy a spot of sunbathing.

Great for safari: Busch Gardens

Around a 90-minute drive from Orlando is Busch Gardens in Tampa Bay. This park is bursting with rides, but what we loved most was the Serengeti Safari. Start the day as early as you can so you have more chance of seeing and getting up close to the giraffes and zebras, and even white rhinos. The newest ride is the Phoenix Rising, and it's extreme – it's North America's tallest and longest inverted coaster. You will find yourself riding on the wings of the Phoenix soaring through the sky, with onboard lighting and audio, at speeds of up to 44mph.

Great for tours: SeaWorld & Busch Gardens

We recommend the 30-minute rescue tour at SeaWorld to hear from one of their resident vets about the work they do helping wounded animals in the surrounding areas. They currently have 29 manatees, which were rescued from boat strikes and fishing line accidents. Some 100 boxes of romaine lettuce are delivered every day to feed them all! Busch Gardens has its own animal hospital with viewable operating theatres, and staff are also on call seven days a week assisting with animals that have been injured, left poorly or orphaned, with the aim of returning them back to the wild.

NEED TO KNOW

- Ocean Florida offers 14 nights at the Doubletree by Hilton at SeaWorld, with flights from London Gatwick, and the Discovery Cove Ultimate Ticket with one visit to Discovery Cove and unlimited visits to SeaWorld, Aquatica and Busch Gardens from £1519pp. Price is based on four sharing for selected dates in September 2025.
- For more information or to book, visit ocean-florida.co.uk or call 0203 5530 948.

By Carly Honeyfield. **Pictures** SeaWorld Parks

TV WEEK

Mother of all comedy

Amandaland, Wednesday 5 February, BBC1

The *Motherland* spin-off lands, with Lucy Punch returning as sharp-tongued Amanda, along with Philippa Dunne as hero-worshipping Anne. Having downsized from leafy West London to less salubrious surroundings, the now-divorced mum-of-two is facing a whole new set of challenges. The mighty Joanna Lumley is back as Amanda's overbearing mother, Felicity. And their slightly unhealthy co-dependent relationship – along with Felicity's backhanded compliments and veiled snipes about Amanda's new home – isn't helping matters. Also Manus and Georgie are in secondary school now – and pushing her parenting capabilities! There's no Julia, Liz, Kevin or Meg – but their absence is more than made up for with some fabulous new faces.

sky original
BOYZONE
NO MATTER WHAT
boyzone

BOYS TO MEN

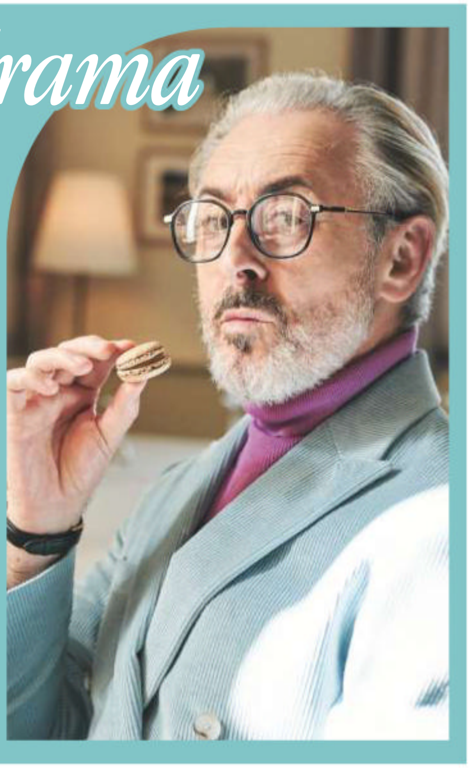
Boyzone: No Matter What, Sunday 2 Feb, Sky Documentaries/NOW

We're returning to 1993 as the globe is swept up in boyband mania and the hunt is on to find the next musical sensation in Dublin. Ronan Keating, Keith Duffy, Shane Lynch, Michael Graham and the late Stephen Gately went on to find fame and fortune as Boyzone. Now the four surviving members reveal all in a new three-part Sky documentary. The band – who sold over 25m records worldwide – talk candidly about how they grappled with the true cost of fame. They don't hold back and, for the first time, confront the tragic events that have had a lasting impact on their lives, families and friendships.

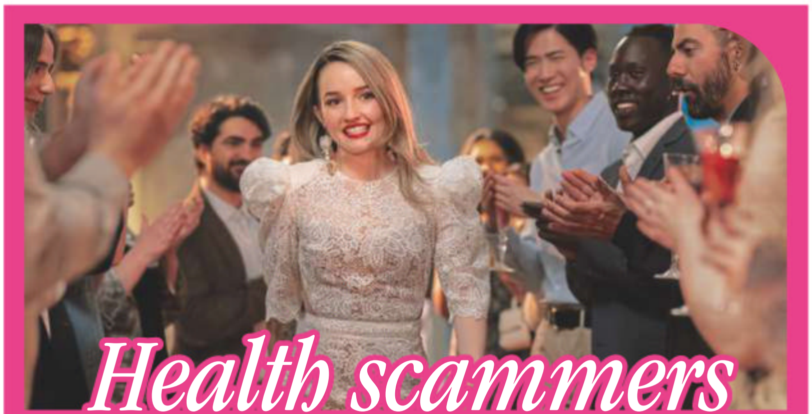
School drama

Boarders, Monday 2 February, BBC3

The Boarders return to the prestigious St. Gilbert's and this year is about survival and sacrifice for Jaheim, Leah, Toby, Omar and Femi, the five talented black inner-city teens who are grappling with PR stunts and prejudice as they fight for their scholarships. *EastEnders*' Natalie Cassidy joins the cast as a rival schoolteacher and Alan Cumming is also on board. 'I've always said that letting people know you are a fan of theirs is a good idea,' says Alan. 'I mentioned this to the producers, who also happen to produce *The Traitors* [which Alan hosts in the US], and very soon after, I found myself on the set having such a fun time!'



By Caroline Blight, Pictures BBC, Netflix, Sky, Channel 4



Health scammers

Apple Cider Vinegar, Thursday 6 February, Netflix

Based on the true story of Australian influencer Belle Gibson who claimed she cured her stage four cancer through healthy eating, new Netflix drama *Apple Cider Vinegar* certainly packs a punch. Taking place at the birth of social media, it follows two young women – Belle and Milla – who appear groundbreaking and inspirational, harnessing the power of online platforms to chart their unbelievable health journeys. But as their followers copy their advice and their online communities and wealth grow, it's only a matter of time before the lies catch up with them both.

NOT GOING WELL...

Am I Being Unreasonable? Wednesday 5 February, BBC1

The genius black comedy from Daisy May Cooper returns for a second series – with some exciting new guest stars. Alongside Daisy (as Nic) and Lenny Rush (as her son Ollie) are Tom Davis and Charlie Cooper, in his first on-screen reunion with Daisy since *This Country*. The story picks up where the last series left off – mid panic – and Daisy couldn't be prouder of her young castmate. She adds, 'If you thought Lenny's BAFTA-winning performance upstaged me in series one, wait until you see his performance completely upstage me in series two where you will be left wondering whether I was even in it at all.... livid.'

DREAM COME TRUE

Big Idea Works, Monday 3 February, BBC1

Sara Davies is leaving the Dragons' Den behind but still seeking innovative ideas for products in her new series. Each programme will feature ordinary people who believe they've come up with a brilliant concept. They might not know how to make it a reality, but Sara and her crack team of experts will help make the idea a fully-functioning product. 'There are thousands of people across the UK who have brilliant and big ideas, but are stuck on how to get started,' says Sara. 'I am delighted that I'm going to be able to help these wonderfully innovative people develop and make their inventing dreams a reality in our workshop of dreams!'

NEW THIS WEEK

FILM

You're Cordially Invited (Amazon Prime)

Margot will stop at nothing to plan her sister's dream wedding, including choosing a gorgeous remote resort for the celebrations. But there's one catch – it's double-booked with another bridal party. While both parties decide to share the small venue, Margot and the father of the other bride-to-be, Jim, go head-to-head to uphold an unforgettable day for their loved ones. Bring on the chaos!

EVENT

Cirque du Soleil

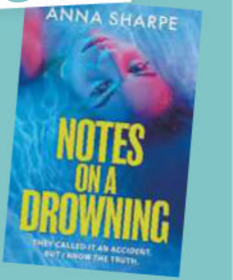
Experience the magic of Cirque du Soleil from the Royal Albert Hall in London, with this year's dazzling production *Corteo*. The stunning performance follows a clown on his mystical, magical and entertaining journey between earth and heaven. Be wowed by the incredible stunts, acrobatics, and performances from this award-winning show, running until 2 March. Tickets on sale now, visit cirquedusoleil.com/corteo

BOOK

Notes on a Drowning

By Anna Sharpe (Orion)

Alex knows she's risking everything by helping Rosa, whose sister Natalia was found dead in the Thames. But it's a tragedy which reminds Alex of her own missing sibling. Meanwhile, Kat, now a Special Adviser to the Home Secretary, uncovers troubling secrets linking Natalia's death to powerful figures. Despite their painful history, Alex and Kat join forces, uncovering a dangerous web of corruption and they must act fast to expose the truth. A gripping thriller.



BOOK

Love makes us do unimaginable things
ANYTHING FOR YOU
SOPHIE McKENZIE
THE SUNDAY TIMES BESTSELLER

Anything for You

By Sophie McKenzie (Canelo Suspense)

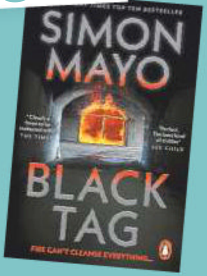
When Alison finds out her 18-year-old daughter Lola is seeing a man in his 40s, she is horrified. But even worse – he's the man who ruined her own life more than two decades ago. Determined to break up the relationship, Alison starts to push her moral boundaries to the max. How far will she go to protect her daughter? With so many twists and turns, you'll be dizzy by the end.

Black Tag

by Simon Mayo (Transworld Digital)

When London's West End Gallery burns, firefighters rely on a grab list to save key artworks – but it's the wrong list. Amid the ashes lies an unidentified body, someone who shouldn't have been there. Crusading journalist Famie Madden seeks answers, uncovering secrets buried in the ruins. What seems like arson hides far deeper intrigue, as the gallery's ashes reveal a deadly conspiracy waiting to be exposed... Full of intrigue and mystery.

BOOK



'This is

Jane Au

Keeley relished being part of a female-led production

To celebrate 250 years since Jane Austen's birth, lavish new series *Miss Austen* brings to the screen one of the most enduring literary mysteries – why Cassandra Austen burnt her famous sister Jane's letters. In this version of events, staring Keeley Hawes, Jessica Hynes and Phyllis Logan, we see Cassandra (Hawes) keen to protect her sister's reputation, hunting down a bundle of letters long after her death which, if they fell into the wrong hands, could tarnish her growing reputation. The content of them reveals why Jane's books were filled with romantic infatuations, family feuds and dashed hopes as she navigated her youth with her sisters by her side.

For Keeley, 48, who is also executive producer on the show, the whole story was an emotional revelation.

Synnøve Karlsen has previously played Keeley's daughter

Tell us more about Cassandra and how we encounter her story in the series?

I think Cassandra is an extraordinary woman for the time – for any time actually. We meet her in flashbacks where the same character is played by Synnøve Karlsen. The backstory itself feels like something from a Jane Austen novel; Cassandra is engaged to Tom Fowle and shortly after their engagement he goes away for a year and sadly doesn't return. So, for the rest of Cassandra's life she doesn't marry and have a family of her own, despite second chances of love and happiness of that kind later in her life. That alone is simply heartbreaking, and I think tells you an awful lot about her.

like a new
sten story!'

Phyllis Logan and Patsy Ferran also star

Keeley Hawes is stepping back in time to tell the secret tale of one of the world's most famous authors

Patsy and Synnøve as young Jane and Cassandra, alongside Madeleine Walker and Liv Hill

You and Synnøve have played mother and daughter previously. What was it like to work together again with her as the younger version of yourself?

I worked with Synnøve a couple of years ago when she played my daughter in *The Midwich Cuckoos* and we became very good friends in that time. We are quite similar I think – I can see a lot of myself in her. We went and had dinner before shooting this. It feels so natural that she would play a young Cassandra.

What drew you to the role of Cassandra?

I was sent the first episode of *Miss Austen* knowing nothing at all about this story, and instantly I found it absolutely fascinating and charming. I think people will love it, because, for anyone who is not aware of this backstory, it's almost like we're getting a new Jane Austen story in itself – and what a lovely surprise that is. I also couldn't read the script or the book without crying, it's incredibly emotional and very relatable. This is a story about relationships and families and what people mean to each other, and how we experience love, loss and life. At the very start of our story, Cassandra goes to the Fowle family home in Kintbury to try and retrieve Jane's letters that she knows are there. Isabella is having to leave the family home after her father's passing – she's left with nothing after his death, because she is a woman. It's terribly sad and deeply shocking to think that that's how things were.

Tell us a little about your costumes?

I have a corset, but it doesn't have to be that tight, and there's nothing nicer than having a costume on and being able to forget about it. Sometimes in period drama the costume is all you can think about, but the corset is useful as it helps your posture and it makes you carry yourself in a slightly different way. There are lots of black costumes in my section of the story of course, as we are all in mourning for Reverend Fowle, but then in the flashbacks there are these lovely blasts of colour. So, we go back into the past and there's a vibrancy that feels youthful. It's a lovely way of distinguishing those two periods.

How do you think Cassandra's act of destroying Jane Austen's letters might have impacted Jane's legacy?

It's interesting looking at Cassandra's impact on Jane's legacy now, as we live in a world today where we know everyone's thoughts and feelings – people are very open, we have social media, autobiographies... but I think there is something still worthwhile about what Cassandra did, as we don't know Jane's innermost thoughts. That makes her a bit of an enigma, and that's not necessarily a bad thing. I don't think we need to know everything about everyone. Sometimes it's more interesting not to, and in Jane's case, her work speaks for itself.

It is a female-led production both onscreen and behind the scenes, did you enjoy that?

Within five minutes of my first meeting with director Aisling Walsh, I could tell this story was in such great hands with these talented women, who all loved the story as much as I did. It felt like something I wanted to be a part of. We have a very female-led cast by the nature of the story; these are some of our finest actresses and the nicest people that I have ever had the pleasure of working with.

● *Miss Austen, Sunday 2 February, BBC1*

By Caroline Blight. **Pictures** BBC

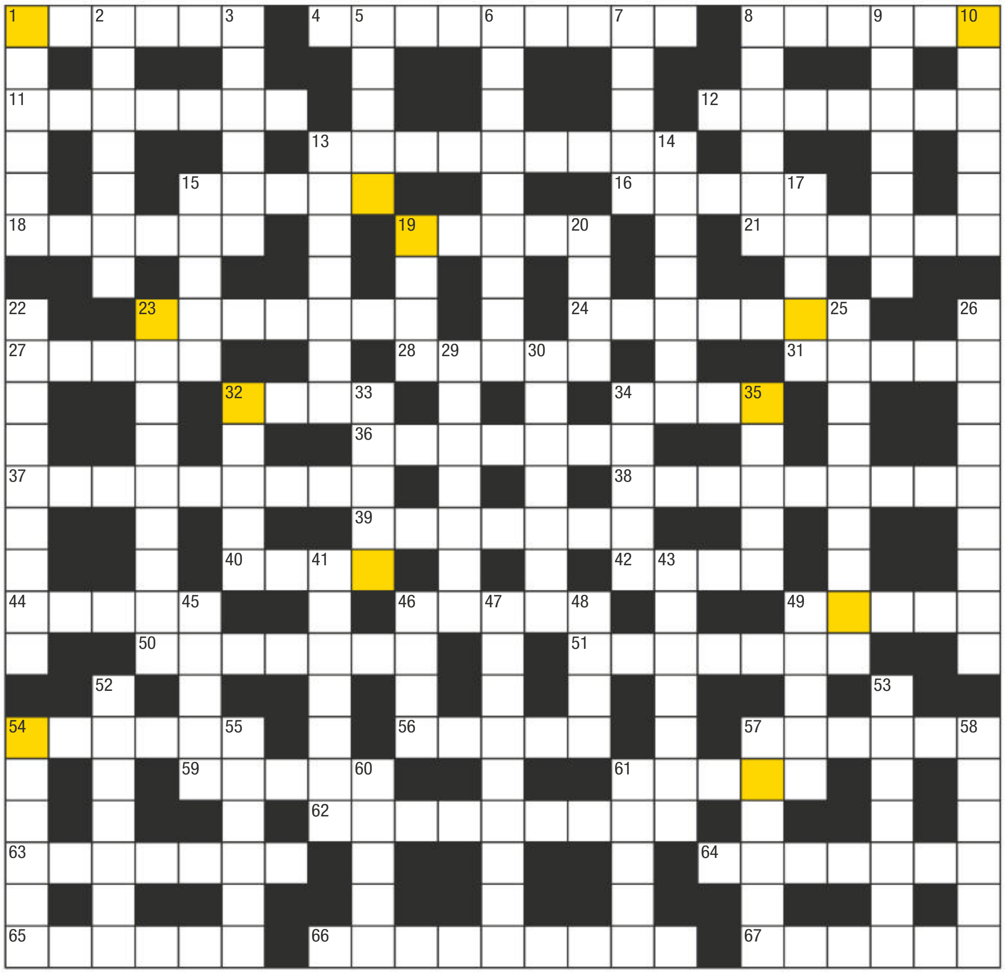
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

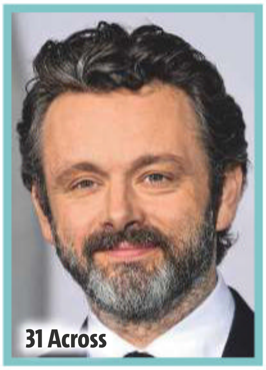
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a British actress and singer. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 - - - Bradshaw, Sarah Jessica Parker's *SATC* character (6)
4 Hero worship, anagram of LOAN AUDIT (9)
8 Woody from *Toy Story*, perhaps (6)
11 Restricted (7)
12 Julie - - -, star of *Mary Poppins* (7)
13 Sausage dog! (9)
15 Trojan woman of Greek myth whose face is said to have launched a thousand ships (5)


31 Across

16 Brett Anderson's band, or a type of leather with a velvety nap (5)
18 *Loose Women* regular who played Tracey in *Birds Of A Feather*, Linda - - - (6)
19 Stopwatch, eg (5)
21 *This Morning* presenter, - - - Hammond (6)
23 Lively US dance, anagram of DONE HOW (7)
24 Doubting Thomas? (7)
27 Currency unit of Tunisia (5)
28 Locations – of webs? (5)
31 Michael - - -, Welsh actor, pictured below left (5)
32 Poker stake (4)
34 *Les Misérables* Oscar winner, - - - Hathaway (4)
36 Action film series starring Tom Cruise as Ethan Hunt, - - -*: Impossible* (7)
37 Another name for the Devil (9)
38 Stubbornness (9)
39 Film and spin-off TV series with Vicky McClure, *This Is* - - - (7)
40 Pitcher, jug (4)
42 Small whirlpool (4)
44 Shine brightly, glimmer (5)
46 Take the wheel! (5)
49 - - - Webbe, member of the boy band Blue (5)
50 Lettuce variety (7)
51 Bag you can pack everything in? (7)
54 Courage, bravery (6)
56 TV cook and best-selling author, - - - Smith (5)
57 Male part of flower (6)
59 Midday meal (5)
61 *Robinson Crusoe* writer, Daniel - - - (5)
62 Albert Square resident? (4,5)
63 Capital of Kenya (7)
64 Red spice (7)
65 Stinging plant (6)
66 Tech tycoon and Lord of *The Apprentice*! (4,5)
67 Llama-like beast (6)

Down

1 Underground room for storing wine (6)
2 Rich alcohol-soaked cake (3,4)
3 Bingo call, 'Legs - - -!' (6)
5 Irish stand-up comic and *Shaun Of The Dead* star, - - - Moran (5)
6 Entertainment (9)
7 TV series with David Tennant and **31A**, *Good* - - - (5)
8 Ottawa's country (6)
9 Flaw, mark (7)
10 - - - Le Bon, model (6)
13 City where Motown was founded (7)
14 Castle prison (7)
15 - - - Blackman, actress who starred in *The Avengers* (5)
17 *Hound Dog* singer, - - - Presley (5)
19 (Of skin) darkens in the sun (4)
20 Jonathan - - -, chat show host (4)
22 Scotland's capital (9)
23 Part of a bicycle, or a large moustache (9)
25 Flexible armour made from linked metal rings (5,4)
26 Pleasure, fun (9)
29 Perception, accurate understanding (7)
30 Kuwait or Qatar, eg (7)
32 *Skyfall* and *Easy On Me* singer (5)
33 Glowing coal (5)
34 Positive terminal of a battery (5)
35 Admission (5)
41 Imposing building (7)
43 'Stand and - - -!', highwayman's cry (7)
45 Business magnate (5)
46 Plant germ (4)
47 Small Alpine plant, or a song from *The Sound Of Music* (9)
48 Flightless bird (4)
49 Roof tile (5)
52 Flower seller (7)
53 Marvel Comics alter ego of Steve Rogers, Captain - - - (7)
54 - - - Kay, radio and TV presenter, pictured right (6)
55 Sound of thunder (6)
57 *Moonlight* - - -, Beethoven composition (6)
58 Las Vegas's state (6)
60 Tree with catkins (5)
61 Fourth letter of the Greek alphabet (5)

54 Down

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword Neil Locker. **Pictures** Shutterstock

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

	6		1		8		3	
	2			5			4	
3								6
		4	8		2	6		
6	8						7	9
		2	3		6	5		
4								7
	5			3			9	
	9		2		4		6	

HARD

	9						7	
8		6	3		9	2		1
1				8				4
5								6
			4		6			
7								9
3				7				5
6		7	8		5	1		2
	8						9	

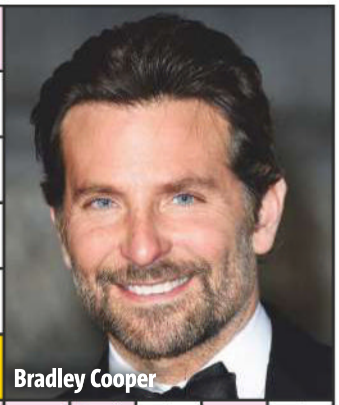
Take a Break Su-doku

Take A Break Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues in the puzzle below, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, Bradley Cooper's star sign. This is your competition entry answer. See the 'How to enter' panel below.



Daybreak	▼	Cartoon partner of Butt-Head	Indian dress	▼	Nation park in Tanzania	Card game	▼	Flat fish (5,4)	Slumber					
Non-attendance	▶	▼	▼			▨ ▼		Garb	▼					
--- away, erode	▶				--- Clooney, barrister	▶		▼						
▶		▨			Jot down	▶								
Trap	French word for 'Wine'	▶			Poker stake	▶								
Edition	Tennis champ, --- Graf		Hearsay, rumour	▶					▨					
▶	▼				Craggy hill	▶			*Chicago* character, --- Hart	Trolley-bus	British actress, --- Imrie	▼	Hugo ---, star of *The Full Monty*	▼
Pestilent animals		Cooks (a joint) in the oven	Kate ---, model		Vigilant	▶			▼	▼	Take on for work		Wading bird	
▶		▨ ▼	▼			Quaint country abode		Other-wise (2,4)	▶		▼		▼	
US rock band, --- Fighters	▶			Cloth turnover	Drinks cooler (3,4)	▼	Inspect	▶				▨		
Style, mode	▶			▼	▼			Weaken	▶					
▶					▨		Burnt remains	Acquire knowledge		Rosa ---, Bond villainess		Team race		Secret ---, spy
Cut up – in science class?	Not low!		Tin or iron, eg	▶			▼	▼	Seoul's country, South ---	▶ ▼	▨	▼		▼
▶	▼		Whistle-blower?	Lawsuit	▶				Alkaline solution	▶			Mrs sheep?	
Welfare body (1,1,1)		Dietary fibre	▨ ▶ ▼								Sheltered side	▶	▼	
▶				Ale, eg	▶				Muscular strength	▶				
Monster like Shrek		Enemy	▶			Ignore	▶	▨			So far	▶		

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 2
PRIZE ANSWERS
Crossword
Alison Steadman
Arrowword
Luther

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 10 February 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 04. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL04 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115. This will be charged** at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 10 February 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

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Bella
Welcome to Bella Magazine
WIN
£25
£25

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

F	A	V									
O	■	I									
C	O	L									

M	■	A
■	S	L
S	■	■

I	■	E
N	E	L
■	■	E

H	N	I
■	C	■
G	E	■

B	E	F
U	■	■
T	I	C

■	B	A
■	A	■
O	R	A

A	F	E
■	■	S
E	S	S

T	■	R
E	W	E
R	■	W

O	U	R
■	■	U
L	A	B

R	I	E
I	■	N
K	■	C

F	A	V
O	■	I
C	O	L

T	E	C
C	■	A
H	I	N

L	■	S
A	■	T
R	C	R

I	T	Y
S	■	M
E	Z	E

N	D	E
■	E	■
A	R	A

C	A	L
A	■	■
B	R	E

S	■	■
C	U	P
O	■	E

D	■	S
A	S	S
T	■	N

■	O	■
A	N	T
R	■	H

■	■	Y
S	H	■
T	■	F

S	I	C
A	■	A
T	O	R

E	P	E
■	E	■
A	T	E

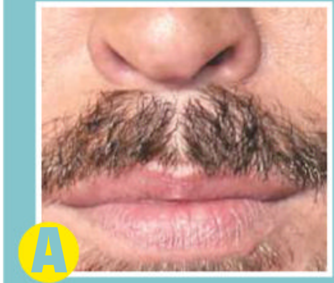
■	T	■
K	E	N
■	N	■

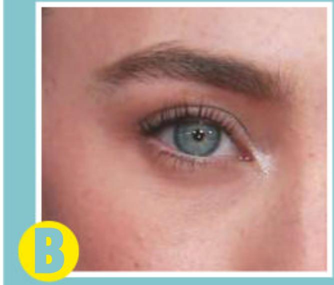
■	U	■
O	L	A
■	A	■

U	■	L
S	L	A
■	I	■

GUESS THE CELEB

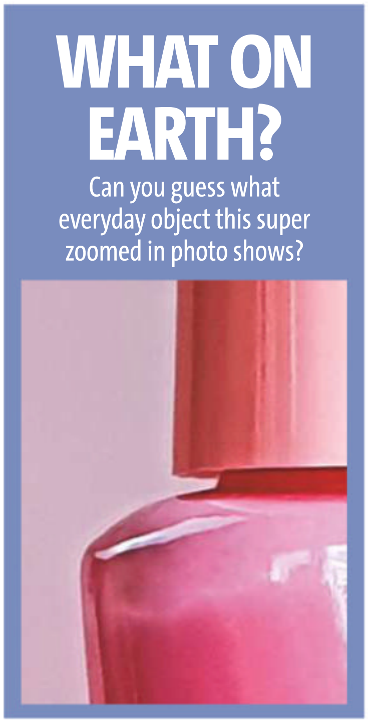
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

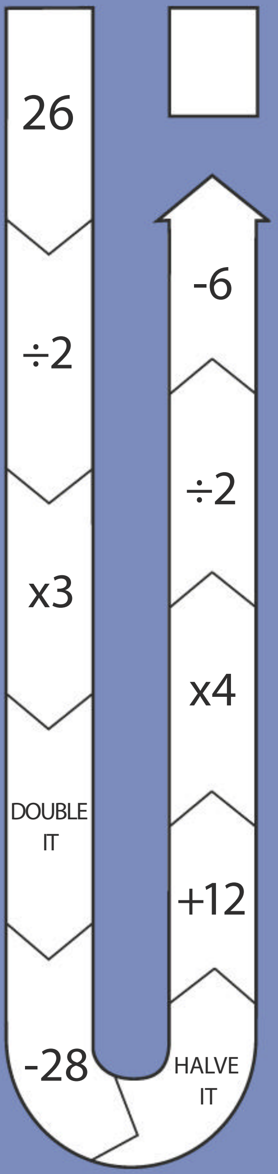
Can you guess what everyday object this super zoomed in photo shows?



ued...

ROUND SUM

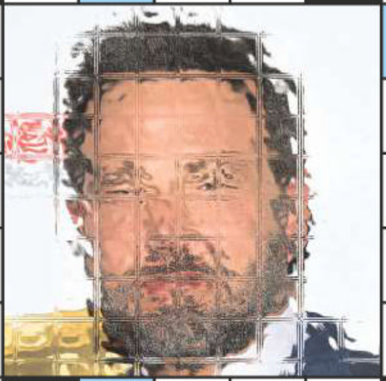
Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

■	8	■	6	3	3	19	11	23	8	10	22	■	1	■
■	12	■	5	■	■	24	■	5	■	■	23	■	5	■
11	25	24	20	■	3	9	24	13	11	■	11	19	24	14
■	24	■	26	■	16	■	■	13	■	■	16	■	2	■
8	20	14	■	■	11	10	18	7	■	8	■	8	2	11
23	■	15	3	25						17	11	16	■	9
19	■	8	■	23						17	■	8	■	5
6	8	10	4	3						8	12	26	11	13
8	■	26	■	18						24	■	24	■	24
10	■	11	7	11						23 R	8 A	10 N	■	10
13	8	13	■	10	■	17	24	12	15	■	■	22	8	22
■	21	■	2	■	■	3	■	■	11	■	20	■	19	■
1	5	8	7	■	22	23	3	8	10	■	8	4	8	23
■	23	■	23	■	■	22	■	12	■	■	26	■	21	■
■	11	■	11	9	14	11	10	12	24	18	11	■	11	■



~~A~~BCDEFGHIJ
KLM~~N~~OPQ~~R~~S
TUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
							A		N			

14	15	16	17	18	19	20	21	22	23	24	25	26
									R			

14	11	10	14	15	■	20	3	5	12	24	10	■	3	10	20	11	■	23	11	19	3	18	11	13
					■							■					■							

3	17	■	6	11	12	14	■	17	23	24	11	10	13	■	19	8	14	14	■	13	8	19	3	10
		■					■							■					■					

Pictures Shutterstock

Continued over the page...

Puzzles contin

STRIKE A POSE-Y

We think you'll agree this search about ordering flowers is blooming marvellous!

R	S	G	N	I	T	E	E	R	G	K	F	A	T	E	K	S	A	B	G
U	O	Y	K	N	A	H	T	A	T	R	N	N	O	I	H	S	A	F	Y
E	C	N	A	R	G	A	R	F	T	N	E	M	E	G	N	A	R	R	A
S	L	L	P	L	C	L	C	X	I	V	A	E	T	N	E	S	E	R	P
V	P	Y	I	R	A	O	E	V	E	B	Q	T	N	S	D	V	L	B	O
Z	E	I	T	N	R	S	E	L	D	M	A	J	G	E	I	D	I	S	D
W	R	A	D	S	U	R	A	H	C	T	A	L	C	L	R	R	G	O	P
U	N	I	A	E	S	I	R	L	O	E	A	O	E	Y	T	Y	O	C	E
I	M	G	D	A	C	B	P	B	L	S	R	D	O	H	A	F	N	L	R
R	E	A	R	E	I	B	O	O	S	A	U	L	D	E	R	N	H	A	F
E	S	Y	P	T	I	O	H	B	T	P	C	A	E	E	O	F	R	Y	U
D	I	S	A	N	E	N	E	I	O	S	Y	T	W	G	M	P	L	O	M
M	G	U	O	A	O	A	O	N	N	E	R	O	R	H	A	C	I	T	E
V	D	N	S	T	D	N	E	B	E	O	L	C	I	T	S	I	T	R	A
K	N	E	T	S	L	O	R	E	S	F	A	N	T	L	I	U	L	P	E
T	E	U	Q	U	O	B	A	E	T	C	W	E	Y	R	A	I	P	O	T
O	B	T	N	P	Y	S	T	L	U	F	R	U	O	L	O	C	D	H	F
I	T	G	R	L	I	T	M	F	E	N	O	I	S	A	C	C	O	S	S
T	P	H	R	O	E	G	A	S	S	E	M	E	C	A	R	T	I	N	E
U	D	G	T	A	S	B	E	I	C	O	N	E	M	S	I	N	L	E	A

ANNIVERSARY
AROMA
ARRANGEMENT
ARTISTIC
BASKET
BIRTHDAY
BOUQUET
BUTTONHOLE
COLOURFUL
CORSAGE
DECORATION
DELIVERY
FASHION
FLORIST
FLOWER FOOD
FOLIAGE
FRAGRANCE
GARLAND
GLASS BEADS
GREENERY
GREETINGS
MESSAGE
OCCASION
PATTERN
PERFUME
PLANT
PRESENT
RIBBON
ROSETTE
SHOP
SPECIAL EVENT
STONES
STYLE
THANK YOU
TOPIARY

ued...

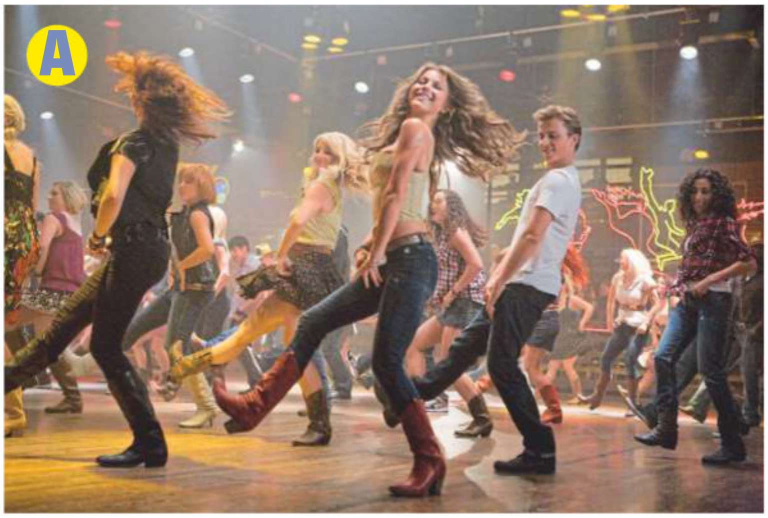
KILLER SUDOKU

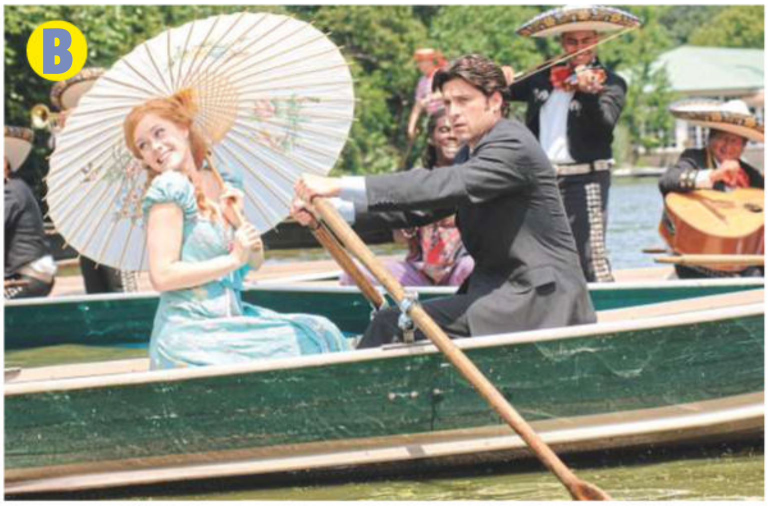
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

21		5	6	3	17	12		9
	3	14				15		
9		9		5	4		10	14
17				7				
12		7	9	6	6	8	3	
4		11		8		7	12	
	14		8	9	17		10	16
12			3	12				
	16					6	8	1

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES

F	A	V	O	U	R	■	B	A	S	I	C
O	■	I	■	■	U	■	A	■	A	■	A
C	O	L	L	A	B	O	R	A	T	O	R
U	■	L	■	■	Y	■	T	■	I	■	E
S	L	A	S	H	■	K	E	N	N	E	L
■	I	■	T	■	F	■	N	■	■	■	E
B	E	F	R	I	E	N	D	E	D	■	S
U	■	■	I	■	N	■	E	■	A	S	S
T	I	C	K	■	C	A	R	A	T	■	N
T	■	R	E	P	E	L	■	S	A	F	E
E	W	E	■	E	■	A	■	T	■	■	S
R	■	W	A	T	E	R	C	R	E	S	S
S	■	■	■	U	■	M	■	A	■	O	■
C	U	P	O	L	A	■	S	L	A	N	T
O	■	E	■	A	■	S	■	■	R	■	H
T	E	C	H	N	I	C	A	L	I	T	Y
C	■	A	■	C	■	A	■	■	S	■	M
H	I	N	G	E	■	B	R	E	E	Z	E

GUESS THE CELEB

A Pete Wicks

B Saoirse Ronan

WHAT ON EARTH?

Nail polish

ROUND SUM

68

CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
Q	L	O	J	U	B	Y	A	X	N	E	S	D
14	15	16	17	18	19	20	21	22	23	24	25	26
T	H	W	F	V	M	C	Z	G	R	I	P	K

■	A	■	B	O	O	M	E	R	A	N	G	■	Q	■
■	S	■	U	■	■	I	■	U	■	■	R	■	U	■
E	P	I	C	■	O	X	I	D	E	■	E	M	I	T
■	I	■	K	■	W	■	■	D	■	■	W	■	L	■
A	C	T	■	■	E	N	V	Y	■	A	■	A	L	E
R	■	H	O	P						F	E	W	■	X
M	■	A	■	R						F	■	A	■	U
B	A	N	J	O						A	S	K	E	D
A	■	K	■	V						I	■	I	■	I
N	■	E	Y	E						R	A	N	■	N
D	A	D	■	N	■	F	I	S	H	■	■	G	A	G
■	Z	■	L	■	■	O	■	■	E	■	C	■	M	■
Q	U	A	Y	■	G	R	O	A	N	■	A	J	A	R
■	R	■	R	■	■	G	■	S	■	■	K	■	Z	■
■	E	■	E	X	T	E	N	S	I	V	E	■	E	■

Celebrity Ben Affleck **Fact** Tenth cousin once removed of best friend Matt Damon.

WORDSEARCH

R	S	G	N	I	T	E	E	R	G	K	F	A	T	E	K	S	A	B	G
U	O	Y	K	N	A	H	T	A	T	R	N	N	O	I	H	S	A	F	Y
E	C	N	A	R	G	A	R	F	T	N	E	M	E	G	N	A	R	R	A
S	L	L	P	L	C	L	C	X	I	V	A	E	T	N	E	S	E	R	P
V	P	Y	I	R	A	O	E	V	E	B	Q	T	N	S	D	V	L	B	O
Z	E	I	T	N	R	S	E	L	D	M	A	J	G	E	I	D	I	S	D
W	R	A	D	S	U	R	A	H	C	T	A	L	C	L	R	R	G	O	P
U	N	I	A	E	S	I	R	L	O	E	A	O	E	Y	T	Y	O	C	E
I	M	G	D	A	C	B	P	B	L	S	R	D	O	H	A	F	N	L	R
R	E	A	R	E	I	B	O	O	S	A	U	L	D	E	R	N	H	A	F
E	S	Y	P	T	I	O	H	B	T	P	C	A	E	E	O	F	R	Y	U
D	I	S	A	N	E	N	E	I	O	S	Y	T	W	G	M	P	L	O	M
M	G	U	O	A	O	A	O	N	N	E	R	O	R	H	A	C	I	T	E
V	D	N	S	T	D	N	E	B	E	O	L	C	I	T	S	I	T	R	A
K	N	E	T	S	L	O	R	E	S	F	A	N	T	L	I	U	L	P	E
T	E	U	Q	U	O	B	A	E	T	C	W	E	Y	R	A	I	P	O	T
O	B	T	N	P	Y	S	T	L	U	F	R	U	O	L	O	C	D	H	F
I	T	G	R	L	I	T	M	F	E	N	O	I	S	A	C	C	O	S	S
T	P	H	R	O	E	G	A	S	S	E	M	E	C	A	R	T	I	N	E
U	D	G	T	A	S	B	E	I	C	O	N	E	M	S	I	N	L	E	A

KILLER SUDOKU

7	8	5	6	1	9	2	3	4
6	1	3	4	2	8	9	7	5
9	2	4	7	5	3	1	6	8
8	9	2	3	7	1	5	4	6
5	3	7	9	6	4	8	1	2
1	4	6	5	8	2	7	9	3
3	5	1	8	9	6	4	2	7
2	6	8	1	4	7	3	5	9
4	7	9	2	3	5	6	8	1

GUESS THE MOVIE

A Footloose

B Enchanted

*NB for Prize Puzzles information, see page 53

TAKE A HIKE!

Despite their A-list status, these celebs love to connect with nature

REESE WITHERSPOON AND LAURA DERN
When these *Big Little Lies* co-stars aren't sharing the screen, they love to share an afternoon hiking their favourite trails. Reese, 48, and Laura, 57, also starred together in *Wild* (2014) about a solo hiker, which may have inspired their favourite hobby.

TOM DALEY
The former Olympic diver has undergone a significant lifestyle change since retiring last year, but that doesn't mean he isn't keeping fit. Tom, 30, regularly finds time to take a hike – often shirtless, too! He's frequently joined by husband Dustin Lance Black.

Alzheimer's Society
Memory
Walk

RUTH LANGSFORD
Following her shock divorce last year from husband of 14 years Eamonn Holmes, 64-year-old Ruth has been spending time in nature to help ease her broken heart. She also takes part in the Alzheimer's Society Memory Walk every year.

JESSICA ALBA
These days, *Fantastic Four* star Jessica Alba is kept busy running her $600million eco-friendly lifestyle brand The Honest Company. However, the 43-year-old mum-of-three still finds time to head to the hills. She previously posted that hiking in Austria was no joke, saying she'd had '89 near death experiences.'

EMMA WILLIS
The presenter enjoys hiking in her spare time, and she even uses her love of the outdoors to raise money for charity. Emma, 48, has participated in several treks for Coppafeel!, including a five-day adventure in the Himalayan mountains alongside good friend Giovanna Fletcher, 39.

HELEN SKELTON
The former *Blue Peter* presenter is an avid hiker and lover of the outdoors. Helen, 41, is particularly fond of trekking in the Lake District as she grew up walking in the Fells. She previously said, 'Many memories, many early mornings and many milestones have been marked here for me!'

By Sarah O'Byrne. **Pictures** Instagram

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Top tip
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